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7205 Goreway Dr.
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3021 Argentia Rd.
789 Taunton Rd. E
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1900 Eglinton Ave. E
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CAST FROM THE PAST

WHO WILL JOIN LUCY LIU ON THE SHERLOCK HOLMES-INSPIRED SERIES, ELEMENTARY? PAGE 17

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Case 'is not a whodunit'

A trial has begun for Richard Kachkar, a man accused of murdering Toronto police Sgt. Ryan Russell after stealing a snowplow and going on a rampage two winters ago. Christine Russell, the slain police officer's widow, is seen during a break outside of the courthouse at University Avenue on Monday. Beside her is Mike McCormack, president of the Toronto Police Association. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Cop killed by stolen snowplow. Man driving the vehicle was worried paramedics would put a microchip in his body; his mental state is to be debated in court

Jurors will have to weigh the mental state of a man who killed a Toronto police officer with a stolen snowplow and shouted about the Taliban, Chinese technology and a microchip in his body, court heard Monday.

Richard Kachkar, 46, has pleaded not guilty to charges of first-degree murder and dangerous driving in the death of Sgt. Ryan Russell. He sat unmoving during the first day of his trial, with his shoulders hunched over and staring at the floor.

"There will be no dispute that Mr. Kachkar was the person who was driving the truck," Ontario Superior Court Justice Ian MacDonnell told jurors. "That is, this case is not a whodunit."

The Crown alleges that Kachkar — barefoot and wearing no jacket — purposely drove the snowplow in the wrong lane toward Russell's marked cruiser, with its lights flashing, in the early morning of Jan. 12, 2011.

After Russell got out of his car and fired three shots at the snowplow, Kachkar accelerated toward the officer, hitting him, Crown attorney Christine McGoey told the jury in her opening statement.

The plow hit Russell in the leg, knocking him off his feet, and then it hit him in the head with such force that it fractured his skull, she said. As Russell lay in the snow, unconscious and bleeding from the head, the plow did not stop or slow down, she said.

"It is the Crown's position that he meant to cause Ryan Russell's death," McGoey said.

Russell's widow, who sat in the front row of the packed courtroom, said later that the start of the trial has stopped her healing and brought her pain back.

Outside of court, Christine Russell thanked people for the support she and her now four-year-old son have received.

Family in court

"It's not easy to sit there and sit so close to someone you know has done so much harm."

Christine Russell, widow of officer Sgt. Ryan Russell, pictured, who was killed by Richard Kachkar driving a snowplow. Kachkar's mental state will be debated at his trial, which is expected to last two months.

Kachkar had been living in St. Catharines, but came to Toronto to look for work after he felt he was not welcome around his estranged wife and two children, McGoey said. He was staying at a shelter in St. Catharines and asked a fellow resident, "Do you think if I do something bad, will God still love me?'" McGoey said.

He also stayed at a shelter in Toronto the night before Russell's death, and asked one of the staff there to call the RCMP because he thought he was "going to do something bad," McGoey said. Kachkar decided after a few minutes that he no longer wanted to call police, she said.

Around 5 a.m. the next morning, Kachkar stole the truck with a plow attached at a Tim Hortons as two workers with a snow-removal company stopped for a coffee break, McGoey said.

One of those workers testified Monday that he noticed Kachkar in the coffee shop with "messy hair" and wearing no shoes or socks.

After stealing the snowplow, Kachkar drove into a Maserati and Ferrari dealership window and made several U-turns, driving on the opposite side of the road and crashing into cars, McGoey said.

To one passerby he "screamed something about Chinese technology," she said.

To yet another passerby he yelled, "I'm going to get you," she said.

Shortly after fleeing the scene of Russell's death he opened the door and shouted something about shots being fired and the Taliban to two paramedics who were en route to help Russell, McGoey said.

Kachkar told a paramedic and another man who was tending to his injuries that he was concerned they were going to poison him or put a microchip in his body, and "something about Russian Facebook," McGoey said.

No alcohol or drugs were found in Kachkar's system other than a trace amount of cannabis, she said.

The trial is expected to last two months.

TORSTAR NEWS SERVICE

Get the Hells outta here

A Hells Angel is among those facing charges after police busted a Super Bowl gambling party in Markham PAGE 3

Read this if you love Hayden

Not Panettiere. Not Christensen. Fans of indie singer Hayden will be happy he's promoting, and touring for, a new album PAGE 18

Leafs have bad night in T.O.

Local crowd incensed at refs' calls made in game against Carolina Hurricanes, who beat Toronto 4-1 PAGE 38

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Campaign finances

Mammoliti faces legal action

Giorgio Mammoliti
VINCE TALOTTA/TORSTAR NEWS SERVICE

The political fate of Coun. Giorgio Mammoliti will soon be in the hands of a special prosecutor, now that Toronto's compliance audit committee unanimously voted to launch legal action.

An audit of Mammoliti's 2010 campaign expenses found that the York West councillor appears to have exceeded his spending limit by 44 per cent — $12,065.44 above the $27,464.65 limit.

If the special prosecutor decides to lay charges under the Municipal Elections Act, Mammoliti could face a fine or removal from office.

Retired teacher David DePoe, who launched the case, is receiving pro bono support from a lawyer working with Fair Elections Toronto. TORSTAR NEWS SERVICE

Lending a helping saw

Tool Library to open in Parkdale

Need a power drill, paint roller or a small generator? Try the library — the Tool Library, that is.

When it opens next month in Parkdale, Toronto's first Tool Library will be lending out all the necessities for DIY domination for an annual fee tailored to income. Training will also be offered.

The library's founders say the goal is to provide inexpensive access to tools to Parkdale — particularly to low-income people, new immigrants, charities and community groups.
TORSTAR NEWS SERVICE

Copy & paste. Teachers' union guiding report cards

In the wake of last fall's barebones report cards, the elementary teachers' union has sent out a memo explaining what's expected this time around — including that "personalized feedback does not mean that every student must have a different comment" and that "teachers are not required to completely fill the boxes."

The Jan. 14 memo lays out in great detail how the winter report should be handled, and stands in contrast to the bare-minimum advice given by the Elementary Teachers' Federation of Ontario for the fall progress report.

While this batch of report cards has so far caused few waves, the two-page memo reflects the continuing labour uncertainty in Ontario's public schools.

Report cards started going home in Peel on Monday, and in Toronto public schools starting Friday. TORSTAR NEWS SERVICE

Barrie trains. GO Transit launches Quiet Zones

Quiet please, we're commuting.

GO Transit is kicking off what's believed to be the first Toronto-area experiment in quiet commuting. Starting Feb. 11, the upper level of most southbound and northbound Barrie trains will be designated Quiet Zones.

That means muted cellphones, tablets and laptops, and earphones that don't bleed noise. Signs will be posted to indicate the low-volume areas.

Quiet Zone coming to GO trains.
STEVE RUSSELL/TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

Super Bowl gambling party busted in GTA

All bets are off. Hells Angel among six charged

Toronto Hells Angel Billy Miller and five alleged associates face a string of gambling charges after police busted an invitation-only Super Bowl party at a Markham banquet hall.

Miller, 49, who became president of the London, Ont., chapter after formerly belonging to the Bandidos and Outlaws motorcycle clubs, and the others are all connected to Platinum SB, an illegal offshore betting site in Costa Rica with an active client base in the GTA, police said.

While the company web server is offshore, its muscle is in the GTA and southern Ontario through its biker and mob connections, police said. "What makes it local is how you collect the money," Acting Supt. Keith Finn of the RCMP said on Monday morning. "You need to be able to back up the threats."

Platinum SB debt collector Antonio (Jelly) Borrelli paralyzed a GTA mother of three with a stray bullet when he fired into a North York sandwich shop at a mobster who owed the betting company $240,000 in April 2004.

The gambling bust, which broke up the party before halftime on Sunday night at Le Parc Banquet Hall, near Leslie St. and Regional Rd. 7, was the largest in memory in the GTA, Finn said.

"It was the most Hollywood scene you could ever imagine," said Michael of Newmarket, who attended the event and asked that his last name not be used. This was the third Super Bowl party of Platinum SB's that Michael took part in. "There were a lot of high rollers there," he said.

By Monday, police noted some 17,000 hits from confused gamblers on the ring's website.
TORSTAR NEWS SERVICE

Mo' money, mo' problems

Police collected a heavy safe full of an undisclosed amount of cash as they executed nine search warrants in the GTA and London, Ont.

- Almost $2.5 million in cash was confiscated and police say plenty more would have been made by the organization through online bets. The ring took wagers on everything from the outcome of the game to who won the opening coin toss, police said.
- Police say funds from illegal gambling are funnelled into criminal rackets such as drug trafficking, extortion and prostitution.

This poster invite for the event was sent out on Twitter. TORSTAR NEWS SERVICE

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Cut car premiums: Horwath

Auto insurance. NDP leader points out dramatic drop in payouts since 2010

NDP Leader Andrea Horwath's call to slash auto insurance premiums 15 per cent by year end was met with scorn by the Ontario insurance industry Monday.

"The NDP's math has always been wonky to begin with," Pete Karageorgos, manager of consumer and industry relations for the Insurance Bureau of Canada (Ontario), told Torstar News Service.

He said a hit of 15 per cent could mean layoffs in an industry that employs about 77,000 in Ontario.

"I don't think she (Horwath) has thought it through," Karageorgos said.

Horwath says the call is reasonable given that industry payouts have dropped dramatically since reforms were introduced in 2010 that sharply reduced accident benefits.

"In fact, in 2011 the value of statutory accident payouts fell by just under $2 billion, an astonishing 50 per cent reduction from 2010, but that same year Ontario's auto insurance rates still increased by five per cent.

"Drivers have yet to see any real reductions in their rates," she told reporters at Queen's Park.

The proposed reduction was part of an NDP shopping list it wants the minority Liberal government to consider when the legislature resumes sitting Feb. 19. It also includes a home-care guarantee that would see seniors receive services within five days at a cost of $30 million.

TORSTAR NEWS SERVICE

Nation in piggy bank panic

Anna and Richard Gregory count up some of the change that their two children have been saving, to take advantage of the free change counting machine at the TD Canada Trust on Danforth and Coxwell. This will be the last time these pennies will be seen, as the penny went out of circulation Monday across Canada. STEVE RUSSELL/TORSTAR NEWS SERVICE

What's in a name?

Gangnam-style cigarettes have no Psy factor

Starting next week, convenience stores across Ontario can start selling cigarettes, Gangnam style.

On Feb. 15, Canadian Tobacco and Global Inc., an Ontario cigarette wholesaler made up of 38 Korean-Canadian convenience store owners, will debut three cigarette brands, including Gangnam, which company president James Kang insists is not named after the ultra-popular novelty song by South Korean rapper Psy. He points out that even the song takes its name from an upscale neighbourhood in Seoul. TORSTAR NEWS SERVICE

Bowel disease

TO woman part of Accutane suit

Two London lawyers are helping a group of Canadians take an international health-care company to court, claiming an acne medicine it produces has caused inflammatory bowel disease.

Dave Williams of Harrison Pensa, along with Barb Legate of Legate & Associates, are leading the charge against Hoffmann-La Roche, a company that makes Accutane.

One of their clients, Jennifer Twamley of Toronto, filed a multi-million dollar lawsuit last Friday.

JOHN MATISZ/METRO IN LONDON

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Ontario Liberals. Wynne assembling team to govern

Premier-designate Kathleen Wynne is turning to two high-powered Liberal veterans from outside Queen's Park to run her office, Torstar News Service has learned.

Tom Teahen, chief corporate services officer at the Workplace Safety and Insurance Board, is set to become Wynne's chief of staff. The well-regarded Teahen — whose younger brother, Mark, played for the Toronto Blue Jays in 2011, but is now with the Arizona Diamondbacks — served as Wynne's chief when she was education minister.

Andrew Bevan, executive director of Canadian Boreal Forest Agreement Secretariat in Ottawa, is poised to be the new premier's principal secretary.

Bevan, who was chief of staff and principal secretary to former federal Liberal leader Stéphane Dion, is respected in both urban affairs and environmental circles.

Wynne's office declined to discuss the appointments.

TORSTAR NEWS SERVICE

Tom Teahen HANDOUT

Andrew Bevan TORSTAR NEWS SERVICE

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Ay, ay, ivy league!

Part one of a three-part series. Dollars for Diplomas looks at the high cost of higher learning in Ontario

ANGELA MULLINS
Metro in London

Renee Tamming, 21, a fourth-year biochemistry student at Western University, in London, is nearing graduation and a big load of undergraduate debt. Despite having worked multiple jobs to cover tuition, she expects to owe the government about $20,000 by the time she gets her degree. ANGELA MULLINS/METRO IN LONDON

In a word: "Terrifying."

Renee Tamming will walk away from her undergraduate career this spring with a much-coveted biochemistry degree in her hands — and about $20,000 in student-loan debt.

"No one wants to be $20,000 in debt, without a job," said the 21-year-old student at Western University in London. "When I'm doing my PhD, I'm hoping to be able to save a little bit of money to put toward (the loans). Buying a house is probably out of the question for a while."

It's far from an ideal setup for a young person starting out in life. But that's the way it goes these days in Ontario: If you want a university education, you've got to pay — and be prepared to pay big.

Undergrads here face the highest tuition in the country, coming in at an average of $7,180 — almost 30 per cent higher than the national average of $5,581, Statistics Canada says.

Ontario's climb to the top has been steady. Between 1990-91 and 1995-96, Ontario was consistently among the cheapest places to earn a degree. Tuition averaged $2,053 in those years, close to the national average.

Things took a turn for the worse — and stayed that way — in the mid-1990s. With universities facing deep funding cuts from then-premier Mike Harris, average tuition jumped about 16 per cent — or $474 — between the 1995-96 and 1996-97 school years, making Ontario the second-most expensive post-secondary province in the country.

The province secured its spot at the top of the ladder in 2009-10 and is holding steady today. That's likely to continue, analysts predict, if the government doesn't take action.

Government figures show an investment of $6.2 billion in higher education through 2009-10, with about $4.3 million in operating grants to institutions and $1.5 million for student financial aid. Investments have continued since, government officials say, with $111 million funnelled into schools this school year.

Despite that, at least some universities say they're still trying to catch up from the Harris cuts, and investments from the Liberal government haven't kept up with inflation.

"Every year, institutions have been making up two to 2.5 per cent," said Bonnie Patterson, president of the Council of Ontario Universities. "It's been the increase in tuition that's helped us offset that inflation."

At least some student advocates acknowledge it's hard to blame universities for tuition hikes. Per-student funding in the province is about 25 per cent below the national average, research by the Canadian Federation of Students-Ontario shows.

"Just to catch up with the rest of the country, it's a fairly large investment," said Michael Yam, a researcher at the federation. "That's part of the problem. We've actually fallen behind over the years because we've ignored this."

What the numbers say

6%
Ontario tuition has risen by an average of six per cent annually since the 1990-91 school year. Over that period, tuition has increased to an average of $7,180 this school year from $1,680.

16%
A 16 per cent jump between 1995-96 and 1996-97 was the largest year-to-year increase since 1990-91.

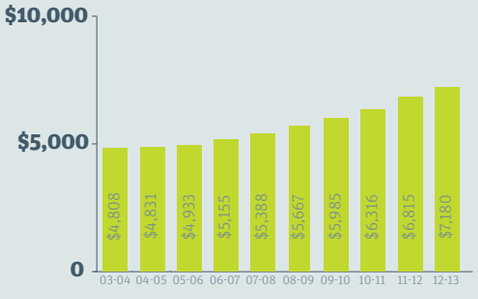
9%
Year-to-year tuition increases in Ontario were in fact higher in the 1990s, averaging nine per cent annually, compared to four per cent since the 2000-01 school year. Schools in other provinces, however, have managed more moderated increases in recent years, helping Ontario earn its dubious ranking as the most expensive.

0%
Tuition has been frozen in Newfoundland and Labrador since 2010-11.

Who pays what

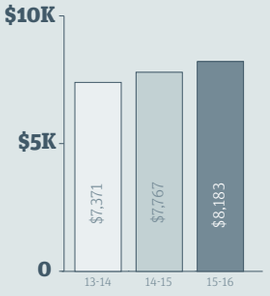
- Students and the government provide, on average, the same amount of revenue (about 48 per cent each) to Ontario universities, according to research by the Ontario Undergraduate Student Alliance based on 2011-12 data.

Weighted average tuition fees for Ontario students



SOURCE: STATISTICS CANADA

Projected tuition



SOURCE: DAVID MACDONALD AND ERIKA SHAKER, EDUFLATION AND THE HIGH COST OF LEARNING, CANADIAN CENTRE FOR POLICY ALTERNATIVES, SEPTEMBER 2012

Top 5

Which Ontario universities have the highest tuition?*

1. **University of Ottawa:** $5,421
2. **Carleton:** $5,406-$7,385
3. **University of Waterloo:** $5,384-$6,682
4. **Queen's:** $5,383-$5,461
5. **University of Toronto:** $5,372-$8,791

* For 2011-12 undergraduate program in arts and humanities

Exclusively online

Where in Ontario can you pick up a tuition bargain? Explore our interactive map at metronews.ca/tuitionmap.

Tomorrow

Supplementary, or ancillary, fees have become a contentious issue between students and universities. Metro takes a closer look in Wednesday's paper.

Q&A. Province stands by funding record

Metro asked the Ontario Ministry of Training, Colleges and Universities for its take on rising tuition, financial aid and other issues affecting post-secondary funding. Here's what a spokesperson said in an email:

What was the net cut/gain to financial-aid programs for 2012?
The ministry decision to discontinue or phase out merit scholarship programs was taken in order to streamline the Ontario Student Assistance Program (OSAP) and focus on needs-based assistance. This decision also reflects the substantial growth of merit-based institutional assistance, which has been supported in part by the ministry's successful Ontario Trust for Student Support (OTSS) and Ontario Student Opportunity Trust Fund (OSOTF) programs over the past decade. …

The ministry has allocated more than $1 billion for student-assistance programs in 2012-13, up from $917 million for 2011-12. This 13 per cent increase in funding represents the year-over-year student assistance growth and the new 30% Off Ontario Tuition grant, for which the government allocated more than $400 million.

How much is the government funnelling into universities in 2012?
In 2012-13, the government is allocating an estimated $3.5 billion (preliminary actual) in total operating grants to the university sector. This is an increase of $1.6 billion, or 84 (per cent), over the $1.9 billion in operating grants provided to the university sector in 2002-03.

The 2012-13 estimates reflects that the Province of Ontario will provide about $110 million in capital grants through the Ministry of Training, Colleges and Universities to the university sector.

Ontario has had the same framework for funding post-secondary education since 2006. A new framework is being drafted. When will it be released, and what will it look like?
Decisions on a new framework will be shaped by considerations such as simplicity, transparency, cost-certainty, fairness and by balancing the public good and personal benefits of post-secondary education. And once approved, it will be promptly shared with stakeholders.

ANGELA MULLINS/METRO IN LONDON

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Justice. Victims of child abuse praise legal update

Promises to give victims a formal role in Canada's criminal justice system and to stiffen penalties for child sex predators are important — if overdue — initiatives, two abused former hockey players said Monday.

Speaking after a roundtable with the justice minister, Greg Gilhooly and Sheldon Kennedy said the Conservative government was on the right track.

A victim's bill of rights was one of three get-tough-on-crime themes the government plans to emphasize this year, Justice Minister Rob Nicholson said.

"Right now a victim is simply a witness — we're at the beck and call of other people," Gilhooly said.

Tougher child-abuse laws are also a priority: currently, small-time marijuana growers face stiffer mandatory minimum sentences than those who rape children.

THE CANADIAN PRESS

Former NHLer Sheldon Kennedy, left, at a conference with Justice Minister Rob Nicholson in Toronto on Monday. COLIN PERKEL/THE CANADIAN PRESS

Authorities storm bunker in Alabama: Boy safe, man dead

Six-day standoff ends. Officials were refusing to say how abductor died in hostage-taking

Authorities stormed an underground bunker Monday in Alabama, freeing a five-year-old boy who had been held hostage for nearly a week in the tiny backyard shelter and leaving the boy's abductor dead.

After days of fruitless negotiation, talks had deteriorated with an increasingly agitated Jimmy Lee Dykes, who had kidnapped the child from a school bus after killing the driver.

Dykes had been seen with a gun, and officers concluded the boy was in imminent danger, said Steve Richardson of the FBI's office in Mobile.

Prior to press time, officials were refusing to say how the 65-year-old died.

Throughout the ordeal, authorities had been speaking with Dykes through a plastic pipe. They also sent food, medicine and other items into the bunker, which apparently had running water, heat and cable TV but no toilet. It was about four feet underground, with about 50 square feet of space.

Authorities said the kindergartner appeared unharmed. He was taken to a hospital in nearby Dothan. Officials have said he has Asperger's syndrome and attention deficit hyperactivity disorder (ADHD).

FBI bomb technicians were checking the property for explosives and planned to look more closely at the scene when it's safe, FBI spokesman Jason Pack said.

Daryle Hendry, who lives about 400 metres from the bunker, said he heard a boom Monday afternoon, followed by what sounded like a gunshot.

THE ASSOCIATED PRESS

Officers charged the bunker after the kidnapper was seen with a gun, an FBI official said. JAY HARE/THE DOTHAN EAGLE/THE ASSOCIATED PRESS

News views

1 Economic ad spending? High.

Annual spending by HRSDC on ads promoting economic success is up an average 72 per cent since the 2008 collapse, compared to the five years before it; for the Finance Department, 58 per cent; for the Canada Revenue Agency, almost triple. ADRIAN WYLD/THE CANADIAN PRESS

2 Phone me up? Engage.

Star Trek icon William Shatner will phone Canadian astronaut Chris Hadfield aboard the International Space Station on Thursday. THE ASSOCIATED PRESS FILE

3 Ethnocide in Quebec? Study.

A report unveiled Monday identifies 92 ways in which Canada hinders Quebec's development. The study was partially funded by political parties including Premier Pauline Marois' Parti Québécois. THE CANADIAN PRESS FILE

4 Fall from space? Fast.

Skydiver Felix Baumgartner was faster than anyone thought when he jumped from 37 kilometres up. According to the official numbers released Monday: 1,357 km/h, or Mach 1.25. SCREEN GRAB

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Fighting for education.
Girl shot by Taliban says she won't back down

In her first video statement since she was nearly killed, a Pakistani schoolgirl shot by the Taliban remained defiant in arguing for girls' education, saying Monday she would keep up the same campaign that led to her attack.

Malala Yousufzai, 15, said she is "getting better, day by day" after undergoing weeks of treatment at a British hospital.

"I want to serve the people. I want every girl, every child, to be educated. For that reason, we have organized the Malala Fund," she said in the video, made available by a public relations firm.

Malala drew the world's attention when she was shot in the head by Taliban militants on Oct. 9 while on her way home from school in northwestern Pakistan. The Islamist group said it targeted her because she promoted girls' education and "Western thinking."

15-year-old Malala Yousufzai. QUEEN ELIZABETH HOSPITAL/AP PHOTO

THE ASSOCIATED PRESS

First man in 8 years

New secretary of state Kerry settles in

New U.S. Secretary of State John Kerry reported for duty Monday, acknowledging that as Hillary Clinton's successor he has "big heels to fill" and promising to protect U.S. foreign service workers from terrorist attacks overseas.

As the first man in the post in eight years, the former senator and 2004 Democratic presidential candidate referred to his two most recent predecessors, Clinton and Condoleezza Rice, by asking in jest: "Can a man actually run the State Department?"

THE ASSOCIATED PRESS

U.S. skeptical of Iranian monkey's space voyage

Scientists surround a monkey ahead of a space launch in an undisclosed location in Iran. The country's government is claiming the monkey pictured was a backup amid accusations that the primate who is claimed to have landed looked different. MOHAMMAD AGAH/ISNA/THE ASSOCIATED PRESS

Primate swap?
Country's president expresses desire to travel to space after alleged success

The United States expressed doubt on Monday about Iran's claim that it safely returned a monkey from space, saying it is questionable that the monkey survived — or if the flight happened at all.

State Department spokesperson Victoria Nuland said a lot of questions remained "about whether the monkey that they reportedly sent up into space and reportedly came down was actually the same monkey, (and) whether he survived."

"The Iranians said they sent a monkey, but the monkey they showed later seemed to have different facial features," Nuland told reporters. "He was missing a little wart."

Tehran blames the confusion on Iranian media for initially using a photo of a backup monkey. It says the monkey orbited and returned safely, and President Mahmoud Ahmadinejad added Monday that he would consider being Iran's first astronaut in space.

Nuland described Ahmadinejad's proclamation as an "interesting choice," but was more diplomatic than Republican Sen. John McCain, who joked about Ahmadinejad's ruminations earlier Monday.

"Wasn't he just there last week?" McCain said in a tweet and linked to a story about the space-orbiting monkey. But it wasn't funny to Michigan Rep. Justin Amash, who tweeted, "Maybe you should wisen up & not make racist jokes."

Jonathan McDowell, a Harvard astronomer who tracks rocket launchings and space activity, backed up Iran's claim that the monkey space flight was real. THE ASSOCIATED PRESS

Suspicion

Washington and its allies worry the Iran space program may be cover for ballistic-missile technology development.

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New York, Travel Apr 4 - Apr 11/ws	$207
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Orlando, Travel Feb 8 - Feb 16/ts	$426
Jamaica, Travel Feb 21 - Feb 28/ts	$488
Cayo Santa Maria, Travel Mar 14 - Mar 21/wg	$535
St. Maarten, Travel Mar 14 - Mar 21/wg	$575
Roatan, Travel Feb 11 - Feb 18/wg	$605
London, Travel Feb 15 - Feb 22/ts	$630
Paris, Travel Apr 11 - May 17/ts	$823

Vacations

Las Vegas
Air + 3 Nights 4-Star + Cirque du Soleil™ Tickets[Ω] $519
Monte Carlo
INCLUDES airfare, airport transfers and 4-star accom on the Strip. BONUS choice of select Cirque du Soleil™ or other premium show tickets included[Ω]. Departs Feb 10/wsv/ws.

Vermont 3 Nights + Car $269pp
Golden Eagle Resort
INCLUDES accom near Stowe Mountain and 3-day car rental with unlimited mileage from the Burlington Airport. Travel Feb 24/ggv. ADD 2-day lift ticket for $209.

Florida Keys Air + 7 Nights + Car $1099
Hilton Key Largo
INCLUDES Key Largo accom and a 7-day car rental. Departs Apr 15/ggv/ac.

Dublin St Patrick's Day, Air + 6 Nights $1638
Jurys Inn Parnell Street, Ibis London Earls Court
INCLUDES central accom near O'Connell Street. Departs Mar 13/vth/af.

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7 Nights 4-Star $965
Playa De Oro
Departs Mar 17/swg/wg.

San Salvador 7 Nights 4-Star $952
Royal Decameron Salinitas
Departs Feb 28/nol/c6.

Acapulco 7 Nights 4-Star $1072
Crowne Plaza Acapulco
Departs Feb 12/swg/wg.

Samana 7 Nights 4-Star $1125
Grand Paradise Samana
Departs Feb 12/swg/wg.

Costa Rica 7 Nights 4-Star $1128
Allegro Papagayo
Departs Feb 25/nol/c6.

Cayo Coco 7 Nights 4-Star $1175
Hotel Playa Coco
Departs Feb 28/swg/wg.

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Inspired recycling

Alaskan brewery is 'beer-powered'

The Alaskan Brewing Co. is going green, but instead of looking to solar and wind energy, it has turned to a very familiar source: beer. The Juneau-based firm purchased a $1.8-million furnace that burns the company's spent grain — the waste accumulated from the brewing process — into steam which powers the majority of the brewery's operations. Company officials joke they are now serving "beer-powered beer."

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.14¢ (-0.13¢)

TSX
12,717.62 (-51.20)

OIL
$96.17 US (-1.6¢)

GOLD
$1,676.40 US (+$5.80)

Natural gas: $3.32 US (+1¢)
Dow Jones: 13,880.08 (-129.71)

Farewell one-cent coins, hello symmetrical rounding

Cash register confusion.
Now that the penny's days are numbered, how will retailers decide what to charge?

The household penny jar may soon become a thing of the past. The one-cent coin is being officially phased out, and retailers who don't want to accept pennies anymore will round cash transactions to the nearest nickel. RYAN REMIORZ/THE CANADIAN PRESS

The Canadian penny took another step Monday on what could be a long road to extinction, with businesses given the ultimate short-term power of deciding whether they want to keep accepting them.

The Royal Canadian Mint officially ended its distribution of one-cent coins to Canada's financial institutions.

But businesses can still accept the copper pieces as long as they choose, says Shelly Glover, the parliamentary secretary to Finance Minister Jim Flaherty.

"Pennies will retain their value indefinitely so they can continue to be used as long as they are available, and with businesses that are willing to accept them," Glover said at a Shoppers Drug Mart store in Ottawa's south end.

Flaherty announced the demise of the penny nearly a year ago as a cost-saving measure as the mint was spending more to make pennies than they were worth. The last penny made came out of the mint's Winnipeg facility in May of last year.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down consumer purchases to the nearest five cents. "When pennies are not available, cash payments will need to adapt," said Glover.

As an example, if a cash purchase totals $1.61 or $1.62, a retailer who doesn't want to deal with pennies would charge a customer $1.60.

If the purchase adds up to $2.28 or $2.29, the customer would be charged $2.30.

The government calls it symmetrical rounding.

Essentially, any final cash amount that ends with a 1, 2, 6 or 7 would be rounded down to the nearest five- or 10-cent increment. Purchase totals ending in 3, 4, 8 and 9 would be rounded up.

Electronic purchases, such as those online or using debit or credit cards, will still be billed to the cent.

THE CANADIAN PRESS

In memoriam

- Google's Doodle paid tribute to the Canadian penny on Monday, which was the day the mint stopped distributing the coin. The word Google was copper-coloured and the first O was a spinning 2013 penny — a coin that was never minted.

GOOGLE SCREEN GRAB/METRO

Jumping java. Second Cup will increase coffee prices

Second Cup is increasing prices for coffee on Feb. 18, but it's not telling customers by how much. Signs are up at some of the locations, advising customers of the increase.

Second Cup says the increase was caused by the "continuing increase in raw materials and operating costs," but won't say specifically what factors are contributing to the increase, or how much prices will rise.

"We are still trying to determine the exact price change and this won't be known until closer to February 18," said Jessica McGraw of Harbinger Communications, the firm that handled the request for Second Cup. "We just wanted to give consumers fair warning that a change was happening."

Second Cup won't say when it last increased prices for coffee or baked goods.

Tim Hortons spokeswoman Michelle Robichaud said coffee prices were last increased in April 2011. In Ontario, coffee prices at Starbucks were last increased in September 2011.

TORSTAR NEWS SERVICE

Overhaul work

Air Canada's heavy maintenance must be done at home, Quebec judge rules

Air Canada is contravening federal law by not maintaining heavy-maintenance operations in Canada, the Quebec Superior Court ruled Monday.

In a 39-page ruling, Justice Martin Castonguay said the airline has an obligation under the Air Canada Public Participation Act to maintain such operations in Montreal and Winnipeg, along with Mississauga, where smaller overhaul work was completed by Aveos Fleet Performance until it closed last year.

Quebec's former Liberal government launched a lawsuit against the airline last April following the closure of Aveos, whose bankruptcy resulted in 2,600 employees losing their jobs.

After Aveos closed, Air Canada gave American company AAR a five-year renewable contract to maintain its airplanes in a specially built facility in Duluth, Minn., that employs 350 workers.

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Designing the Future of Eglinton
Public Workshops

We need to hear from you! Join us at **any of three Public Workshops**. Tell us what you think about Eglinton's future with the coming Metrolinx investment in transit infrastructure:

- How to encourage significant mixed-use development through well-designed, right-sized buildings that are predominantly mid-rise in scale
- How to create a beautiful, vibrant public realm and streetscape that offers a high quality of life for the many people who live, work and shop on Eglinton
- How on-street uses can interact with the new Eglinton-Crosstown Light Rail Transit (LRT) stops and stations

Additionally, Metrolinx will be presenting preliminary designs for stations, including some that were not part of previous consultations. Designs for LRT surface stops and alignments will also be shown. The Kennedy Mobility Hub and parts of the line that are currently under review by Metrolinx will not be presented at these events.

All Workshops: Drop in any time between 5:30 and 9:00pm
Presentation & Workshop start at 6:30pm

Transportation Study - Notice of Commencement >

The underground portion of the new Eglinton Crosstown Light Rail Transit (LRT) will run for 12km between Black Creek Drive and Brentcliffe Road (which may be extended to Don Mills). As a result of this new undergound transit service, some bus/carpool lanes may no longer be needed. As part of EGLINTONconnects, the City of Toronto is studying options for making the best use of this roadway space to serve all users, including pedestrians, cyclists and motorists.

This Transportation Study will follow a Municipal Class Environmental Assessment (Class EA) Schedule 'C' process, which includes identifying the problem/opportunity, developing and evaluating a reasonable range of alternative solutions, and providing opportunities for public input.

WEST WORKSHOP

When > Tuesday, February 19, 2013

Where > York Memorial Collegiate Institute
2690 Eglinton Avenue West

Nearest Major Intersection >
Keele and Eglinton

CENTRAL WORKSHOP

When > Thursday, February 28, 2013

Where > Forest Hill Collegiate Institute
730 Eglinton Avenue West

Nearest Major Intersection >
Chaplin and Eglinton

EAST WORKSHOP

When > Tuesday, February 26, 2013

Where > Noor Cultural Centre
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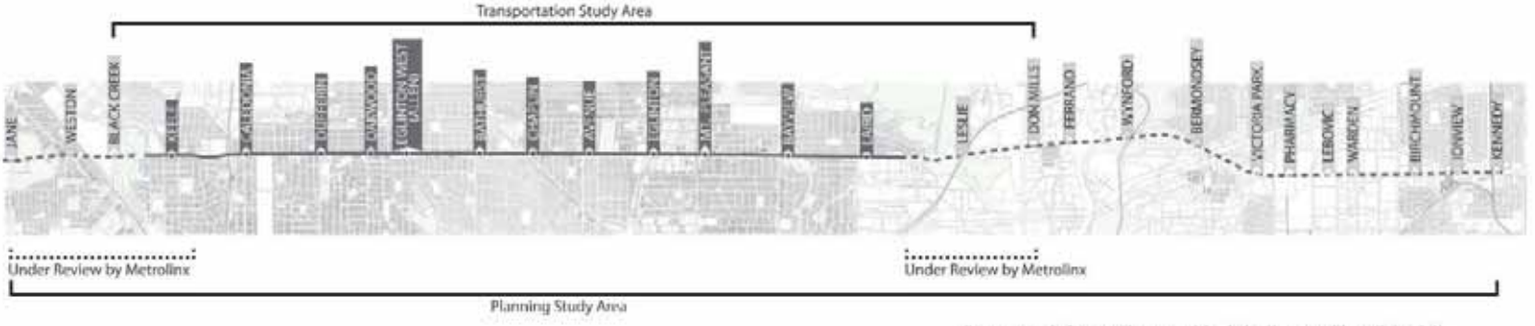

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IT'S TIME TO THROW OUT THAT LIFE SCHEDULE

SHE SAYS...
Jessica Napier
metronews.ca

If you're nearing 30 years old and have been with your significant other for a while, you are doomed to suffer through relentless questioning about when you're going to get married. Established relationship math dictates that the sum of both of your individual ages multiplied by the number of years you've been together equals a wedding. Of course, there's no relief for those who've actually tied the knot. Newly betrothed couples are inevitably subjected to the "When are you going to have a baby?" question from tactless co-workers and nosy aunts.

When you're not expecting...

But here's the thing about relationships, they don't happen in a perfect and predictable continuum.

It seems that we're obsessed with judging other people's relationships based on whether or not they've hit these milestones of adulthood. Even though many of us are unprepared or uninterested in marriage and parenthood, people always want to know how far along you are on this culturally-constructed life schedule.

But here's the thing about relationships: they don't happen in a perfect and predictable continuum. They are messy and complicated and the timing is almost never right. You can be with the same person for a decade and suddenly find yourself alone again or you can meet someone tomorrow and start a family with them just a few months later.

It can be challenging at times to remain close with our friends when we are hitting these different life stages in a decidedly non-chronological order. Within my own peer group, the conversations can range from daycare availability to salary reviews to the results of an STD test. If a friend tells me she is pregnant, I have to take a beat to assess whether or not she thinks that's a good thing. But even though these varying stages of maturity can make it hard to relate to one another at times, the diversity certainly keeps things interesting.

Recently, a friend of mine asked if she thought we might have children at the same time so they could go to school together. I laughed at her earnest assumption that we could ever plan such a made-for-TV life for ourselves. In reality, it just doesn't work like that. We are not marching along through life in unison while adhering to some sort of rigid master plan. We are winding back and forth, detouring along the way and maybe even getting a little lost sometimes.

It's OK — preferable even — if the relationship math doesn't add up and we veer off course every once in a while. Because wouldn't it be so utterly boring if all of life's milestones were predictable?

Follow Jessica Napier on Twitter @MetroSheSays

Take social convention and toss it out with yesterday's trash.

GETTY IMAGES

Just chillin' at the car park

UNIVERSITY OF LEICESTER/THE ASSOCIATED PRESS

Parking lot find

Skeleton said to be King Richard III

This undated photo made available by the University of Leicester, England, shows remains found underneath a parking lot last September at the Grey Friars excavation in Leicester. The skeleton was declared Monday "beyond reasonable doubt" to be that of England's King Richard III, whose remains were missing for 500 years.

THE ASSOCIATED PRESS

Wars of the Roses

Killed in battle by army of Henry Tudor

Richard III ruled England between 1483 and 1485, during the decades-long battle over the throne known as the Wars of the Roses, which pitted two wings of the ruling Plantagenet dynasty — York and Lancaster — against one another.

But he was defeated and killed by the army of Henry Tudor, who took the throne as King Henry VII and ended the Plantagenet line.

THE ASSOCIATED PRESS

Toronto connection

A Canadian's DNA confirmed identity

DNA from the skeleton matched a sample taken from Michael Ibsen, a Canadian carpenter living in London, England, who shares with the skeleton a rare strain of mitochondrial DNA.

His brother, Jeff Ibsen, lives in Toronto.

"It's good to have the results of the analysis … I was a bit worried they wouldn't be able to extract enough DNA from the remains," said Jeff Ibsen, in an interview from his downtown Toronto home.

Jeff Ibsen TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

Metropolitan Panel

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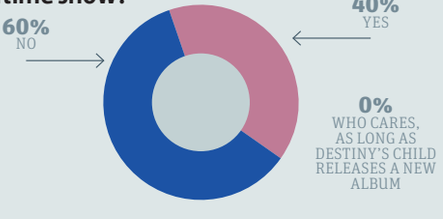
Do you think Beyoncé was lip-synching during her performance at the Super Bowl halftime show?



Twitter

@maravella: Does this mean I can't give my #twocents any more? End of the Canadian #penny #RIP

@LaLondeJeremy: So now if I say "penny for your thoughts" does that mean I think your thoughts are obsolete? #Canadiansonly

@PamelaGurney: The value of my thoughts just got rounded up $0.04. Oh...never mind, they were rounded down to $0.00. Now my thoughts are worthless. #penny

@torontobatman: As long as they don't get rid of the Penny on Big Bang Theory we're cool.

@aprilcy: Beyonce is coming to Toronto July 21? that just made my entire week.

@SabrinaAlessi: Beyonce. July 21st. Toronto. Hyperventilating.

metro

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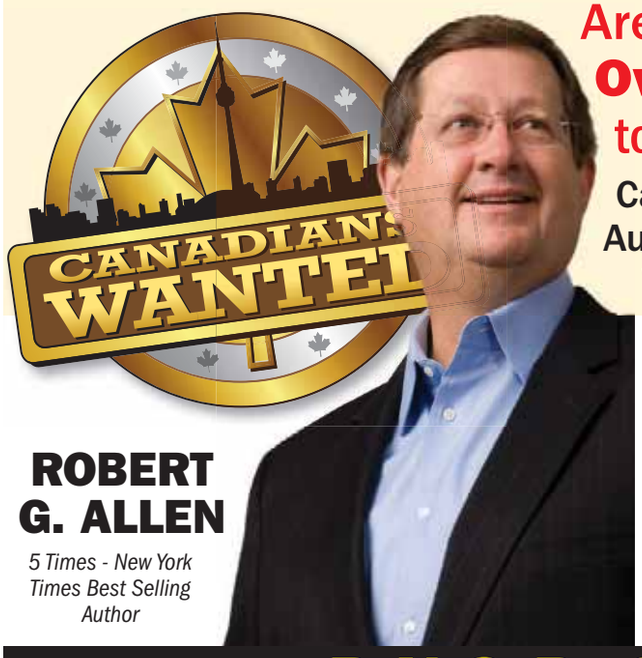

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Robert Allen's 5-part Multiple Streams of Income has provided me with clear, simple concepts for advancing my performance coaching business. There is a wealth of information in this series, and I highly recommend it to anyone seeking top-level advice in the info-preneuring world. ***— Elle Ingalls,*** *CEO and Founder, Pressure-Free Living LLC*

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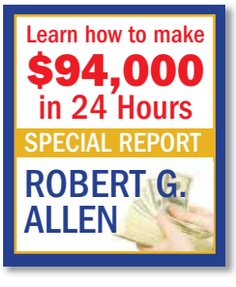

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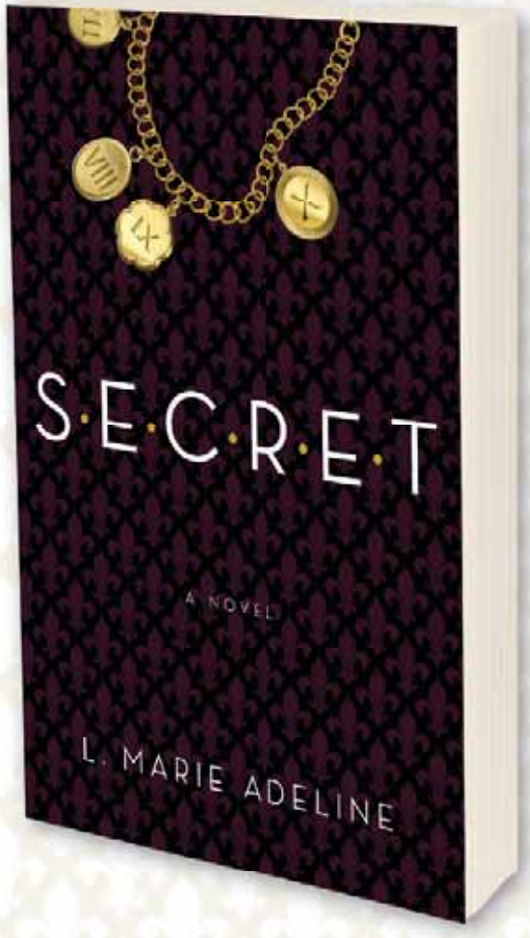

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DVD review

Flight

Director. Robert Zemeckis

Stars. Denzel Washington, Don Cheadle, Nadine Velazquez

●●●●○

Denzel Washington's portrayal of pilot Whip Whitaker, a man on the upper of heroics and the downer of substance abuse, deserves all the kudos he's garnered. Whip's at the controls with co-pilot Ken Evans (Brian Geraghty) when the plane they're flying from Orlando to Atlanta is hit with a calamitous mechanical failure that slams them into a steep dive. Whip takes charge and manages an incredible landing, in which only six of 102 passengers and crew onboard are killed. Whip's a hero. But a mandatory post-crash blood test reveals he was flying bombed. It's a stunning opening by director Robert Zemeckis, who previously filmed a doomed ride in 2000's Cast Away. But Flight's high-tension opening is a mixed blessing, as it challenges the rest of the film to live up to its thrilling scenes, a near-impossible task as the drama moves on to its earthbound plot. Zemeckis and screenwriter John Gatins suddenly yield to dull convention, introducing in quick succession a romantic fellow addict (Kelly Reilly), a comic enabler (John Goodman), a stoic union rep (Bruce Greenwood) and a wily lawyer (Don Cheadle). None of these fine actors get much screen time, but the film wins on the strength of Washington's Oscar-nominated performance alone.

PETER HOWELL

Creating a hit show? It's Elementary

Look ahead. Creator mum on who will play Moriarty, but says the series will become less murder-of-the-week when Holmes' nemesis arrives on the scene

NED EHRBAR
Metro World News in Hollywood

CBS's hit Elementary — a modern take on Sherlock Holmes set in New York City — took the coveted post-Super Bowl slot Sunday night on that network, an honour rarely bestowed on a freshman series. On the tail of such a high-profile unveiling, creator and executive producer Rob Doherty gives us some updates on what's to come for the rest of the series' first season.

That post-Super Bowl slot didn't add that much extra stress

"I'm stressed out all the time anyway. So it's hard to go from 10 to 11," says Doherty. "You know, mostly what we felt was great excitement. Again, it's an honour, it's a privilege, it's an incredible opportunity to expose the show to people who may not have checked it out yet. And so we tried to take all that into consideration as we developed the story that we felt, you know, not only was a good example of what the show can do, but something that our regular audience would really have fun with as well."

Moriarty is indeed coming:

"We cannot wait to get more serious about Moriarty," Doherty admits. "In this day and age, it's virtually impossible to stunt a role and not have everyone in the universe know that this person is coming and will be revealed as this character. So we're approaching it very carefully and as quietly as we can. At the end of the day, we want a tremendous actor, but it's less fun for me if all of you know who it is and when they'll arrive and what they'll be doing. But it's a problem in the immediate future. We have a few more weeks, I think, before we have to sweat that."

When Moriarty arrives, the show will become less murder-of-the-week

"I foresee us getting a bit more serialized than we have been as we get into something of an end run for this first season," explains Doherty. "We'll still look to have a case that begins and ends over the course of a single hour of television, but you want to dollop Moriarty out appropriately, you know? Some of the specifics still need to be ironed out, but yes, as we get closer and closer to wrapping the season there will be a bit more serialization."

Moriarty aside, more figures from Sherlock's past are on the horizon

"At the moment we're actually working on an episode where we will meet Sherlock's dealer from London," Doherty teases. "We'll get, again, a little window into Sherlock, and his experience in London is going to open that much wider for having met this character. And we're lucky enough to have John Hannah (Spartacus) playing that role."

Will Elementary get a big boost from its post-Super-Bowl slot? HANDOUT

Lucy Liu critiques her critics

Since it was announced that Lucy Liu would be co-starring as Watson on Elementary, the actress has faced a surprising amount of criticism over the idea of portraying the classic character as a woman. Much of that has died down since the show premiered, but some lingers. Liu has her own theories about what the haters are really trying to say. "I think more so it would be interesting that people haven't criticized that Watson is Asian American, because it's not PC. I'm sure that they're shocked and appalled that it's a female, but the fact that it's also a different ethnicity — they'd love to say something about that, but they'll get attacked. So in some ways I'm lucky because it's not PC enough to discuss it."

‘I’m a bit of a selfish bastard when it comes to my music’

Hayden. Singer returns with Us Alone album and first tour in years

LIZ BROWN
scene@metronews.ca

Remember Hayden?

If you’re a child of the ’70s or early ’80s, there’s a good chance you’ve had an introspective round or two with his song Bad As They Seem.

His doleful 1995 album Everything I Long For resonated with a generation raised on grunge and put the Toronto singer songwriter on the radar of the likes of Neil Young.

And if you’re a casual music connoisseur, you could be forgiven for wondering where Hayden is now. Here’s a quick catch up: Over the last 18 years he’s put out a handful of indie records. His most recent being 2009’s The Place Where We Lived, for which he did no press and no tours.

Today, he releases Us Alone, an eight-track offering through indie label Arts & Crafts, and this month he sets off on a cross-Canada tour in support of it.

“I felt like now was a really good time to start something new,” he says on his decision to take on such an ambitious tour.

“I’ve always sort of tried to make music something that was pleasurable for me and not something that was forced — that I was doing and hating it — so I made certain decisions around that,” he says.

“I’m a bit of a selfish bastard when it comes to my music. I’m very rarely thinking about anyone who is listening. But I surely appreciate people who like my music and tell me how it affected them or got them through certain times. I love that,” he adds.

The fans of Everything I Long For — like Hayden — are all grown up now. Long gone are the days of being a 20-something, working a dead-end job and living with parents.

Us Alone tackles Hayden’s 40-something worries and hopes and his trademark vocals tell stories with themes that are all too relatable to those nearing middle age — the trials and joys of parenthood, the pain and irrationality that accompanies infidelity and thoughts that wander toward mortality.

“My music, I’m in it, and my experiences are in every single song, whether there’s a made up twist somewhere along the lines or dark humour thrown in, or some storytelling,” he says.

And he’s ready to take these stories out in the world. “I’m feeling quite good about going on the road right now. I’m just excited to go play my old songs and my new songs and nothing else really matters at this point,” he says, adding, “it sounds a bit like an Oprah moment, but that’s how I’m feeling.”

In concert

For tour dates and ticket info, visit wasteyourdays-away.com.

Canadian singer/songwriter Hayden is photographed in a Toronto restaurant on Jan. 22 as he promotes his first new album in four years, titled Us Alone. CHRIS YOUNG/THE CANADIAN PRESS

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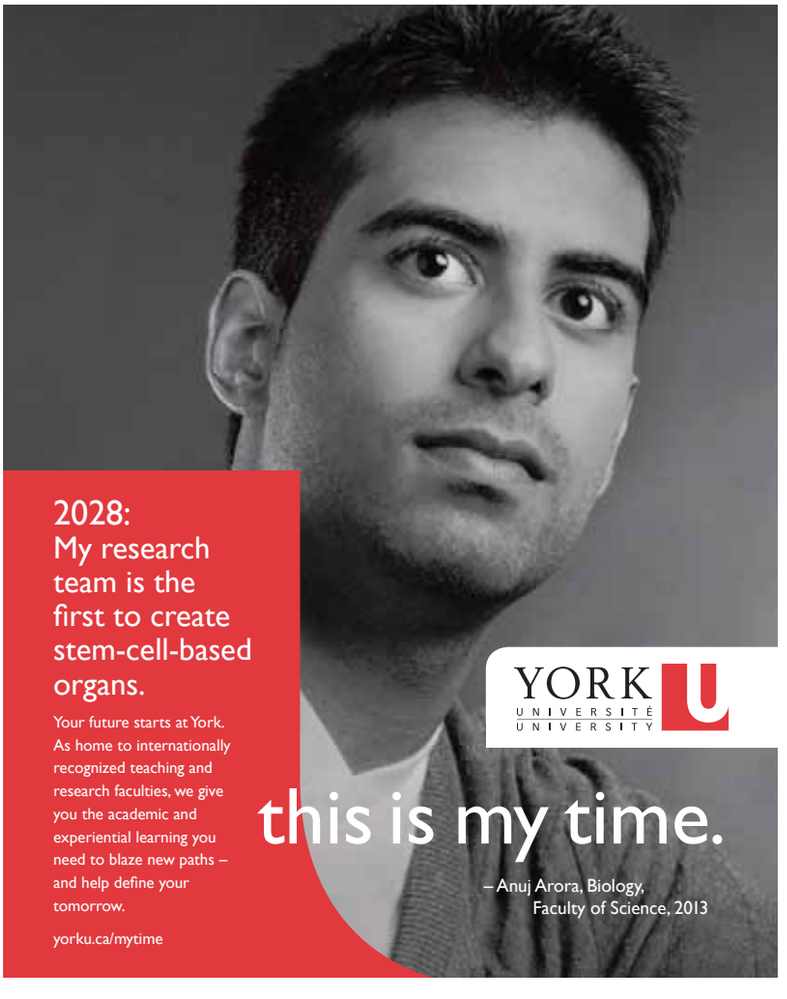
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– Anuj Arora, Biology, Faculty of Science, 2013

Not the same old song and dance

Smash. Back for a second season, this Broadway-focused series will have less domestic drama and more musical intrigue

Katharine McPhee stars in Smash. HANDOUT

On with the show!

Smash is back for its second season of sassy, sexy (and musical!) Broadway derring-do, both on stage and behind the scenes.

Last season this series dramatized the blossoming of Bombshell, an exciting new musical about Marilyn Monroe, from its initial inspiration through the casting battle for the Marilyn role, with original songs and dance numbers emerging, then on to its preview engagement in Boston.

As the action resumes (with a two-hour Smash on Tuesday), Bombshell is headed for the Great White Way. Or is it? Money, legal and creative problems all threaten to derail its ever reaching Broadway.

Of course, it should come as no surprise to any Smash fan (spoiler alert?) that Bombshell will indeed have its premiere. This was confirmed by a reporter during a December set visit to the filming of the opening night party for an upcoming episode.

There's been some judicious tweaking to the series since last season.

There's now a heightened focus on the Broadway world and a sharp cutback of "civilian" elements, such as the family life of Bombshell lyricist Julia (played by Debra Messing).

"This isn't domestic drama," says Joshua Safran, the new Smash showrunner who's ushered in the changes. "It was really important to me to not have a lot of outside story, to keep everything revolving around the musicals and the world of musicals, so that even if the characters have personal issues, it's all about how those personal issues are impacting their work."

THE ASSOCIATED PRESS

Commercial success. Metro reviews the best and worst Super Bowl slots

PSY's pistachio-themed commercial failed to crack us up. HANDOUT

Super Bowl commercials are as much a part of the NFL's biggest day as John Madden and chicken wings. That said, here are Metro's picks for the best and worst from Sunday.

The Best

Samsung, The Next Big Thing: In one minute, Paul Rudd and Seth Rogen, pitching a Super Bowl commercial to Bob Odenkirk (a.k.a Saul on Breaking Bad) made us laugh more than their last four movies combined.

Volkswagen, Get In. Get Happy: Was the ad, featuring a white man speaking in a Jamaican accent (because he's so laid-back and happy, due to his Beetle), racist? Eight million people watched to find out.

Oreo, Whisper Fight: The ad — featuring people arguing in a library, quietly, about which is better, the cookie or the cream — asked people to choose their side on Instagram afterwards. Thousands did.

The Worst

Taco Bell: Old people acting young and wild: That joke was tired in the 1980s, when we all rented Cocoon.

Go Daddy, Perfect Match: The Net domain company has earned a permanent spot on the worst list. Bar Rafaeli, has it come to this, post-Leo?

Pistachios, Get Crackin' with PSY: The most-viewed man on YouTube became so with a clever music video. This ad tries to recreate the magic by having him dance with people in pistachio costumes. SAM CASTONE, MWN

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Demi Moore

Demi hoping for Moore than just a discount?

Demi Moore is spending more time with restaurateur Harry Morton, fueling speculation that the pair is getting serious, according to Us Weekly. Donning a tight dress and five-inch heels, Moore joined Morton for a cosy dinner at a West Hollywood restaurant this weekend. "She looked really very happy," a source says. Sources seem to be conflicting each other on the nature of Moore and Morton's relationship, with E! News reporting that they've been quietly dating for months while Us Weekly's sources insist they "are absolutely not dating."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

So Katie's got her groove back?

THE WORD
Dorothy Robinson
scene@metronews.ca

Katie Holmes is reportedly ready to start dating again after her split from Tom Cruise, but sources say the fallout from their divorce is still having an effect on her, according to Radar Online. "Katie's in a dilemma, because she wants to date but is concerned where it could lead to from there," a source says. "She's worried that if she commits herself fully to another man, she will have to give up the freedom she's enjoying so much at the moment. As a single woman, she has no one controlling her nowadays, telling her what to do or who to see and she absolutely loves it. However, at the same time, she also misses being with someone special to share experiences with and she doesn't want to be alone for the rest of her life."

Don't worry, Katie. Metro has a few suggestions for a waltz partner for you for this next phase of your life:

John Mayer:
Because everyone hooks up with John Mayer.

Samantha Ronson:
Because Stella should totally get her groove back with a foxy lesbian DJ.

Joshua Jackson:
Because wouldn't a Dawson's Creek reunion be better as a reality show?

Danny DeVito:
Because she has a thing for older, shorter guys.

Ted the talking teddy bear from Ted:
Because that bear made half a billion dollars in the box office last year. Holmes needs to be near that kind of box office success.

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Wheat Belly fact vs. fiction

How bad is it?
In his best-selling book, Wheat Belly, Dr. William Davis slams the much-loved grain, calling it 'a perfect poison.' We asked a nutritionist whether we should follow his advice

ROMINA MCGUINNESS
Metro World News in London

"We have to deal with this incredible blunder that is the over-consumption of carbohydrates and processed foods," warns cardiologist Dr. William Davis, who believes the "cut out fat, eat more whole grains" concept was fiction to begin with.

Rather, removing wheat from our diet is a huge first step. "We should be eating a high fat, carnivorous diet (and) single ingredient foods such as vegetables, nuts, seeds, eggs, full-fat dairy, lean meats, avocados, olives and coconut — excluding grains and sugar," he says.

In his book, Davis argues how a wheat-free diet can promote weight loss and appetite reduction, and can help lower the risk of heart disease. We asked nutrition consultant Dr. Wilma Kirsten to weigh in on the claims.

So bad it's ... bad. ISTOCK IMAGES

It's not wheat, it's poison

"What we're eating is not wheat but the creation of genetics research in the '60s aimed at increasing yield-per-acre. These methods were crude and imprecise. The result is a genetically unique plant far removed from the original grain. Modern wheat is detrimental to our health — even in minute quantities," Davis tells Metro.

What the nutritionist says:
"No! We've gone through generations of eating wheat — if it was so bad, many people would be dead because of it by now. Health problems are linked to over-consumption."

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"Gliadin, the main protein in wheat, stimulates feelings of hunger. The moment you lose it, your appetite shrinks and you crave less foods. On average, you'll take in 400 calories less than you used to each day. The deep visceral fat that resides within the abdomen goes first," says Davis.

What the nutritionist says:
"Yes! A lot of those who cut out wheat go, 'What do I eat now? Put a baguette in front of me and I'll go through it like a Japanese bullet train.' People start replacing wheat with proteins and vegetables."

Some gluten-free foods are terrible

Labels can be misleading, says Davis. "These products are nothing more than junk carbohydrates. They're very destructive as they trigger very severe glycemic potential (high blood sugar levels)."

What the nutritionist says:
"Yes! People want bread — so they buy the gluten-free version, convinced they're making the "healthier" choice. But these products are bad for us. They're highly refined and generally contain soya or corn flour, two hyper-allergenic foods. Go naturally gluten-free by eating grains like polenta, rice and quinoa instead."

Wheat causes intestinal damage...

"It irritates your gut — stop eating it and you lose an inflammatory drive that makes indigestion, diarrhea and autoimmune diseases occur," says Davis.

What the nutritionist says:
"Yes! Wheat contains the protein gluten, which can irritate the gut lining. This causes inflammation, leading to abdominal cramps and bloating. But not everyone reacts badly. Say I eat wheat-based foods three times a day, whereas you only eat them twice a week. If you then cut them out of your diet, the changes in your body won't be that dramatic, as you didn't eat much in the first place."

... and messes up your blood sugar levels

"In fact — it sends them soaring," says Davis. "Removing wheat from your diet helps lower your blood sugar, which in turn lessens the risk of developing cardio vascular disease."

What the nutritionist says:
"Yes! Low-fibre, refined carbohydrates are easily converted to glucose, causing a spike in blood sugar levels. When these rise too high, your pancreas has to secrete insulin to bring them back down. If this happens, you may be at risk of pancreatic insufficiency."

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Best Health

Get heart smart — the easy way

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

February is Heart Month, and the latest issue of Best Health outlines some ways to boost your heart health that are actually enjoyable — it's not all fat-free diets and hours on a treadmill!

1. Savour at least two cups of tea a day. Green is better than black, but any tea is good. A Dutch study of 5,000 healthy people found that only 2.4 per cent who drank two or more cups of tea a day had a heart attack within six years, compared with 4.1 per cent of those who never drank tea.

2. Eat dark chocolate a few times a week. Several studies suggest that it's good for your heart. The benefits are partly from compounds in chocolate called flavonoids, which help arteries stay flexible. Go for 70 per cent or higher cocoa content, and avoid milk chocolate, which is higher in butterfat.

3. Have a beer or a glass of red wine once a day. A study found that men who drank one beer a day for a month lowered their cholesterol levels, increased their blood levels of heart-healthy antioxidants and reduced their levels of a protein that leads to blood clots. Red wine is even better, with up to 10 times more flavonoids.

4. Eat an orange every day. Studies suggest that diets high in Vitamin C may reduce your risk of stroke, especially if you smoke.

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Stand up for your health

Get off your butt!

We sit for hours upon hours every day and it's adversely affecting our health — here's how to get moving

MEREDITH ENGEL
Metro World News in New York

You might want to stand up for this: we're on our butts more than ever during the day, and it's hurting our health.

"We recently conducted a study showing that the life expectancy of U.S. adults could increase by two years if all adults reduced their sitting time to less than three hours a day," says I-Min Lee, a researcher with Harvard University.

And it gets worse: In October, the New York Times published research from the journal Diabetologia, which looked at 18 studies involving nearly 800,000 people.

The authors found that the average adult spent 50 to 70 per cent of his or her time sitting, and that those who sat the most had "a 112 per cent increase in their relative risk of developing diabetes, a 147 per cent increase in their risk for cardiovascular disease and a 49 per cent greater risk of dying prematurely — even if they regularly exercised."

If you're like many of us, you're at your desk most of the day, only to come home and plop down in front of the TV after work. How to fix this? We asked some trainers for their most practical tips — because breaking the cycle doesn't have to involve swapping your desk chair for an exercise ball!

We're on our butts more than ever and it's hurting our health. ISTOCK IMAGES

If you must sit, get a mini workout:

- "Place a Pilates ball between your knees and squeeze and pulse. Do 20 reps and rest, then repeat. This is great for the inner thigh and lower abdominals," says celebrity trainer Simone De La Rue.
- "Straighten your legs on occasion to prevent tightening of the calves and hamstrings. Flexing each foot while sitting helps, too. Stretching in your chair will also keep your body from locking up. A little bit goes a long way," says Dr. Florence Comi.

Three to compare

Rob Sulavar, sports nutritionist and trainer, bandanatraining.com
Grab coffee outside the break room. "Office coffee sucks. Plus, the change of scenery might just inspire something genius." Make like a delivery man: "Go pick up lunch. Don't think of your trip as an inefficiency, think of it as a mental jump-start."

Laura Miranda, physical therapist and trainer, stronghealthywoman.com
Drink up. "Keep a bottle of water on your desk at all times. Drink enough so you have to go to the bathroom one or two times an hour. Choose to use the bathroom one floor up or down for even greater effect."

Joey Gonzalez, COO and trainer, barrysbootcamp.com
Lunge, don't lounge: Book the conference room when you have some reading to do, and make use of it. "While reviewing documents, stand up and begin alternating lunges. Every minute or so, hold in the lower position for as long as possible."

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APOTEX
ADVANCING GENERICS

Germs in your gut could help prevent disease, says study

Bacteria in our gut can help boost immunity. ISTOCK IMAGES

Not all bugs are bad.
Research finds that manipulating bacteria in the GI tract can protect our health

CELIA MILNE
life@metronews.ca

Germs make us sick, right? But bacteria in our gut can also make us well.

A new Canadian study has found that manipulating bugs in our GI tract can protect us from disease.

"We've got gazillions of bugs in our gut. They're part of who we are," says Dr. Jayne Danska, senior scientist in genetics and genome biology at SickKids Hospital in Toronto. "They help us to digest, make vitamins and train our immune systems to do the right thing."

Danska and colleagues from the U.S., Germany and Switzerland were trying to solve the puzzle of why autoimmune diseases are so much more common in women than men.

In their experiment, they worked with a strain of female mice at high risk for Type 1 Diabetes. They fed the females gut flora from male mice. Instead of 90 per cent of the females developing autoimmune disease, only 25 per cent of them got sick.

"My idea was that maybe male bacteria are part of what protects males and it's definitely true," says Danska. "Imagine a day when we actually give women bacteria that take up residence in the gut and these bacteria protect them from autoimmune diseases," she says.

Tips from Danska

You can help keep your gut healthy by following three simple tips:

- Eat real food (not processed)
- Consume mostly plants
- Don't eat too much

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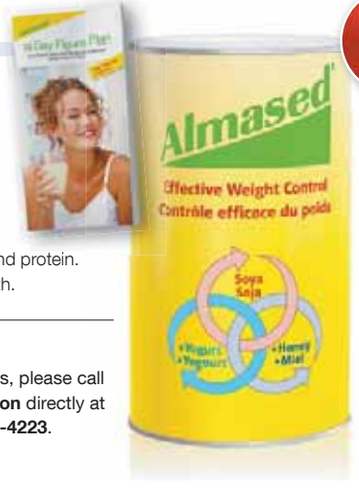

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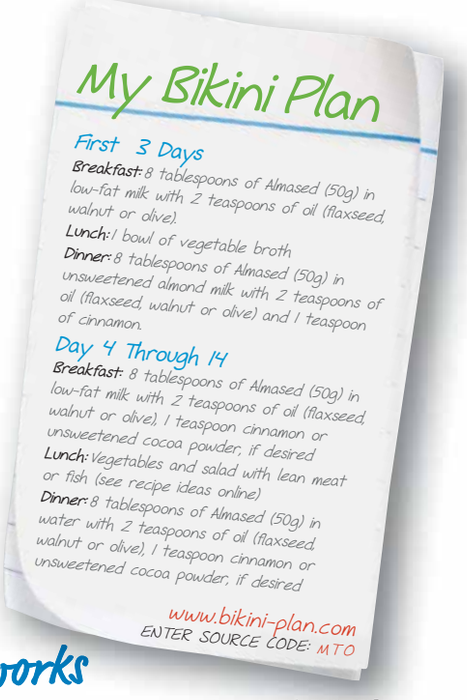
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Just a splash of citrus: Pork with Orange-Balsamic Glaze

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Pork tenderloins are usually sold in packages of two, each package averaging one and a half pounds.

If you buy them from your butcher, the tenderloins may be larger and you'll have to increase cooking time.

Today's improved agricultural methods mean that pork can safely be eaten medium or medium-rare.

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 1/2 lb pork tenderloin (2 small loins)
- 1/4 cup orange juice concentrate
- 1/4 cup apricot jam
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil
- 2 tsp grated orange zest
- 1 tsp minced garlic
- pinch salt and freshly ground black pepper
- 3 tbsp chopped fresh parsley or cilantro
- 1/4 cup diced dried apricots

1. Preheat the oven to 425 F. Line a 9-by-13-inch baking dish with parchment paper.

2. Lightly spray a large non-stick grill pan or skillet with cooking oil and place over high heat.

3. Sear the tenderloins for about 2 minutes per side, or just until browned. Place in the prepared baking pan.

4. To make the glaze, combine the juice concentrate, jam, vinegar, oil, orange zest, garlic, salt and pepper until smooth. Spoon 1/4 cup of the glaze over the tenderloins and bake for about 20 minutes or until the internal temperature reaches 145 F for medium.

5. Reheat the remaining glaze. Slice the tenderloin and serve with the glaze overtop. Garnish with chopped parsley and diced apricots.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

I am not at all bitter!

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Ayurvedic and traditional Chinese medicine have always suggested bitter greens to "cleanse the liver" and mainstream North American natural health practices are catching on. But, do they really?

The empirical evidence is mixed and technically, according to the Canadian Liver Foundation, the liver doesn't need to be "cleaned," but anything that contributes to a healthy lifestyle contributes to a healthy liver. What we do know is that greens, like dandelion, promote the flow of bile and stimulate its secretion. Bile is needed to break down fats in the body.

A healthy flow of this disgusting green stuff is needed for good digestion.

Good digestion of a super healthy vegetable is enough for me to suggest including it in your diet. You can try:

1. Dandelion greens

2. Arugula

3. Broccoli Rabe (Rapini)

4. Curly Endive

5. Radicchio

The bitterness comes from a specific phytonutrient and each plant has its own amount.

Some producers have bred the bitterness out in order to create a more palatable product, so think about finding the heirloom or organic varieties to get the most pucker for your buck.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Veggie Hummus Crunch Sandwich

Ingredients

- 4 slices whole grain bread
- 1/3 cup (80 ml) hummus
- 2 slices light Havarti cheese
- 1 tomato, sliced
- 2 tbsp (30 ml) diced red onion
- 1/2 cucumber, sliced
- 1 package alfalfa sprouts

1. Spread hummus evenly on one side of each slice of toast.

2. Top 2 slices of toast with cheese, tomato, red onion, cucumber, a handful of alfalfa sprouts and remaining slices of toast to form sandwiches. Cut in half and serve. NEWS CANADA/NATURALLYDEMPSTERS.CA

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Backstabbers beware! Housewives get real about their relationships

With a little help from my... The six stars of hit Vancouver show talk to Metro about what defines a genuine friend

PHYLICIA TORREVILLAS
life@metronews.ca

The cast of Real Housewives of Vancouver can agree that backstabbers will never be their true friends. HANDOUT

Friendships can be put to the test when you put six very different, opinionated and strong-willed women in one room, let alone cast them in a reality TV show.

Though they may bicker and fight, the six Real Housewives of Vancouver have something in common when it comes to what makes a good friend — they don't like backstabbers, liars and fakers. Robin Reichman, a Texan and Christian, said she's really good at sensing whether a person she meets for the first time will end up in her Christmas card list or not.

"A good friend is someone who is genuinely happy about your success, supportive of anything good that happens to you and not someone who wants to outdo you," the mother of two said.

Ioulia Reynolds, a 27-year-old art consultant, believes honesty is the best thing.

"There's no such thing as being too honest," she said. "If somebody's in my heart and I love them, and they turn around and backstab me, that's the worst. I will forgive, but I will never forget."

Amanda Hansen, a divorced mother with three young children, said real friends will be there for you no matter what your decisions are.

"My friends may not have been necessarily supportive initially of me doing this (show), but as soon as they saw that this is what I wanted to do … they're like, 'If anyone can do this, you can do this. You're the strongest woman I know.' I have the best friends in the world," she added.

Meanwhile Jody Claman said she learned the value of friendship growing up in Merritt, B.C.

"My parents taught me to 'Show me your friends and I'll tell you who you are,'" the self-made businesswoman said. "We (lived) in the middle of nowhere. Our ranch butted up to … (an Aboriginal) reserve for a First Nations band and so we had basic human responsibilities to be kind and support one another."

The show's drama-filled first season left Ronnie Negus and Mary Zilba's friendship broken and it appears there's no reconciliation happening any time soon.

"If something like this gets in the way and takes down that 19-year friendship, then you question that friendship anyways because no show and no nothing could take a friendship down that was solid," Negus said.

Being on the show, Zilba said, revealed who her real friends are. "Ronnie has chosen her alliance and that's Jody (Claman) … It's sad that she's not my friend anymore. It's sad that she's someone I used to know, not someone I call up anymore," the former Ohio beauty queen said.

Hotel etiquette question

Tipping a butler service

Dear Charles the Butler, My husband and I have an upcoming stay at the Savoy in London, which comes with butler service. We've never stayed in a hotel with butler service before. Do you tip after a given service (for example, give a tip as the butler is leaving the room after, for example, unpacking for us), or do we provide a gratuity at the end of our stay? Or, do we provide a gratuity at all? We don't want to come off as boorish, so please advise. — Clueless Couple.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I know the Savoy hotel well, and the head butler, Sean Davoren, is both a personal friend and one of the most well respected butlers in the U.K. His team will take very good care of you. But back to your question, the most appropriate time to tip the butler is at the end of your stay and there is no set amount.

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Building a home office space that works for you

This desk gets your best. The fridge and TV may be just around the corner, but you're happy to plug away in your productivity pad

One of the biggest mistakes businesspeople make is assuming that working from home will automatically result in a higher level of productivity. Unless you carefully construct your home office environment, you may find that working from home is less productive than you anticipated.

Staples offer the following tips for setting up your home office to help maximize your productivity:

Get the stuff before you tackle the tough

The right office furniture, equipment and supplies

- Once you have decided whether you're going to segregate an area of the living room, convert a spare bedroom or set yourself up in the basement or garage, you should start thinking about home office furniture.

* The type of office furniture you pick and the way you organize your space will significantly impact your productivity.

- Whatever your preferences are, investing money up front in the style of office furniture that makes you comfortable will naturally lead to greater productivity.

* At the very least, this ensures that you won't be tempted to relocate to the bedroom instead of working at your desk.

The ideal working environment

Home office setup is an exercise in knowing yourself. Before you make any decisions, make a list of the things you need to spur productivity.

Some people can work at a desk in a common area of the house with the television running in the background. Others want a closed-door environment where distractions are minimized.

For some people, a home office is a place to finish up work from a regular day job. For others, a home office is a primary workspace where they spend eight or more hours of the day. Before you start rearranging the furniture, decide what you need as an absolute minimum to encourage you to use the space as intended.

If home is where the hard work is, make sure your milieu sends you messages of motivation. ISTOCK

The cost of outfitting a home office

A basic home office setup can cost you under $500 if you already have a computer that you can relocate to your new space.

There are a number functional office furniture options that look expensive but are actually quite affordable, especially if you are willing to put the furniture together yourself. A printer and a phone with voicemail can round out a basic home office setup.

A more advanced home office setup would include a fax machine and a photocopier. Fortunately, there are three-in-one office machines that combine a printer, fax and copier in one piece of equipment. Keep in mind, however, that a machine that does many things often offers fewer features for each specific function. For example, if your work at home requires more than the occasional photocopy, it can be more efficient to buy a dedicated copy machine that has special functionality to handle a heavier workload.

Don't forget to set aside money in your home office budget for office supplies. From paper to paper clips, you will have to buy all of the little things that you took for granted when you worked for an employer.

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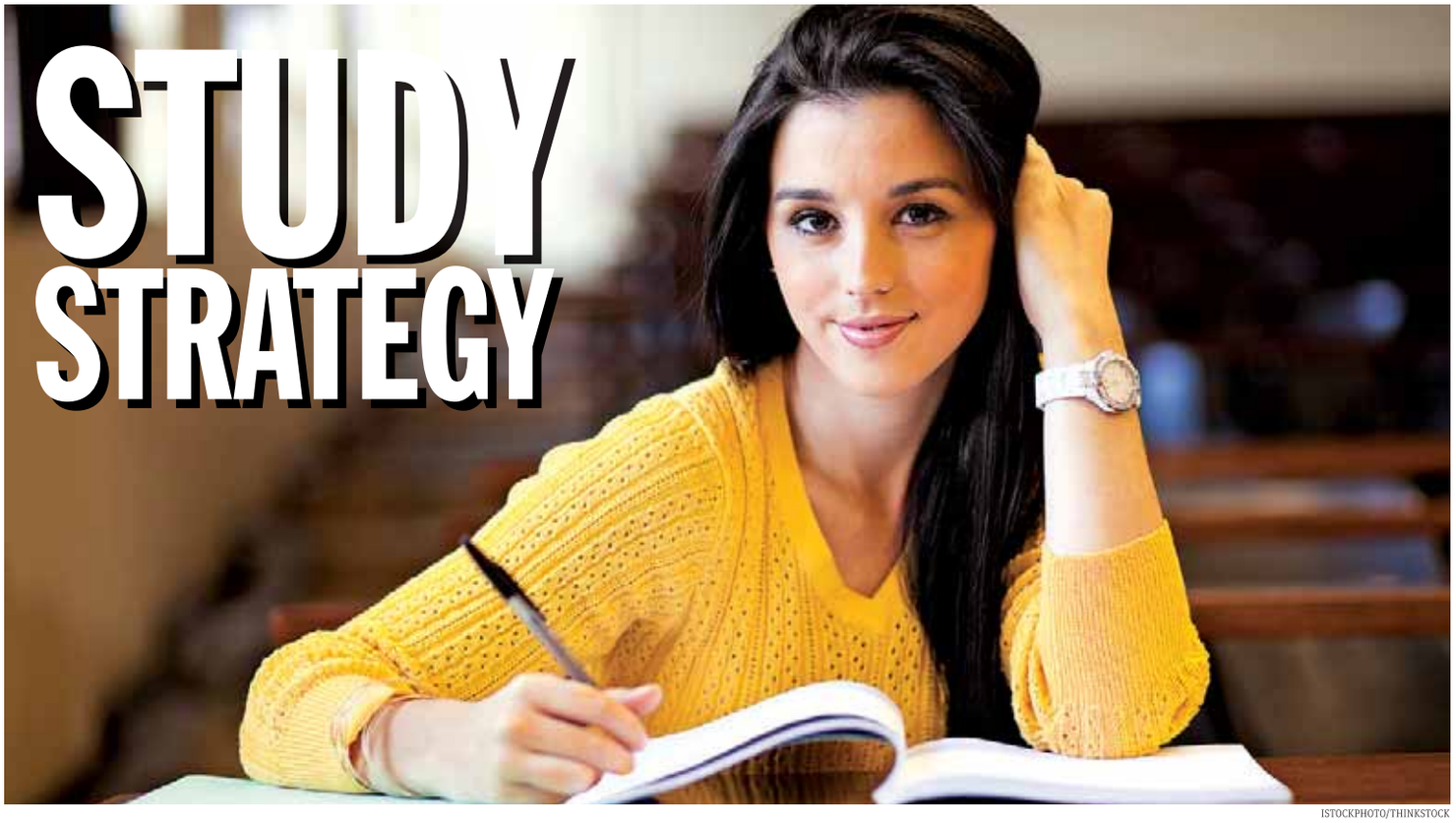


ISTOCKPHOTO/THINKSTOCK

PREPARE SLOWLY FOR YOUR MIDTERMS, STUDY DURING THE DAY ARE JUST A FEW TIPS

Studying smartly and eating right can improve your grades more than energy drink-fuelled cram sessions, experts say.

Prepare slowly for your midterm exams, says Elspeth Christie, a learning strategies expert at Queen's University. Go back over all of your notes and compare them with the notes of a classmate. Edit them to concise summaries. Think about what the professor emphasized in class. Ask and answer exam-style questions.

"This starts the process of moving material from your short-term memory, which only lasts about 24 hours, to your long-term memory," she explains.

Christie notes research shows studying in the daytime boosts your ability by 10 per cent. "This is why the February blahs are really bad, because there is not a lot of daylight. We recommend building into your schedule this nine-to-five workday."

Speaking of time, she says the average attention span is about 30 to 50 minutes. After that, you are talking to a wall. Take hourly breaks to walk around the block or make a cup of tea. It will refresh your brain.

If you do find yourself cramming, use the syllabus as your guide to the core material. Spend 75 per cent of your time drilling on key points. Use your smartphone to record yourself reciting your key notes and then listen to it as you walk around.

Finally, Christie suggests getting seven or eight hours of sleep. Pulling an all-nighter and writing an exam is the brain equivalent to testing drunk. Both are bad ideas.

Jeremy Koenig, assistant professor in the applied human nutrition program at Mount Saint Vincent University, urges students to check out the Canada Food Guide and shift their core eating away from fast foods and towards fruits and vegetables. Healthier food makes for a healthier brain that better absorbs material.

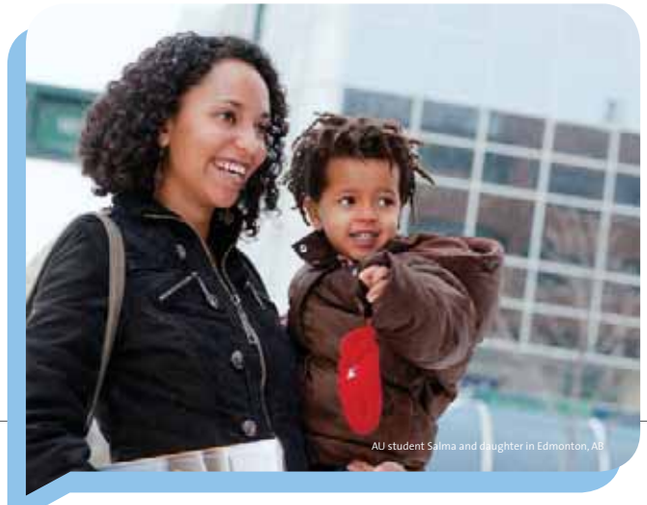
Instead of ordering pizza, invite your study group to your place and prepare a meal as part of the evening. Also, cut back on booze. "It's an inhibitor of brain performance. Metabolizing alcohol will steal vitamins," Koenig says.

Use energy drinks with caution, he urges. This may be obvious, but energy drinks block your brain's ability to get tired.

"Sometimes you need that," Koenig says, because prolonged dependence on energy drinks will lead to your energy crashing, which will make energy drinks more desirable, fuelling the cycle.

Koenig recommends students hit the grocery store before a study session to stock up on baby carrots, bell peppers and broccoli. Use them as snack foods instead of chips and chocolate bars.

– Jon Tattrie



AU student Salma and daughter in Edmonton, AB

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DRAW ON YEARS OF EXPERIENCE

FROM SHERIDAN INSTRUCTORS

JONATHAN BIELASKI PHOTO

It's an exciting time to work in animation. Modern technology allows for spectacles once unimaginable. But talk to any great animator today, and they will tell you the same thing: The fundamentals never change. Chances are that animator will tell you about Sheridan College, too.

Sheridan has been offering animation courses for 40 years. It is widely considered one of the top schools in the world at which to study the discipline. There are many reasons why, but perhaps the most significant one is this: No Sheridan student can earn a bachelor's degree in animation without first mastering the fundamental skills of 2-D animation — the ones that have served animators for decades.

In their first two years of the bachelor of animation program, students focus on the fundamentals of their craft — the 2-D principles of movement, performance, and expression. They learn to storyboard, create scripts and characters, and refine their painting and life-drawing techniques. All learning is hands-on, led by instructors with years of practical industry experience. Having mastered their core skills, the students are able to make the most of the stop-motion and computer-animation techniques that the degree program will teach them as well.

In years 3 and 4, students make films — eventually getting the chance to show their work to industry professionals during Sheridan's annual Industry Day. These recruiters come to Sheridan from studios across North America, conducting interviews with the students afterward.

Students also take part in a work placement, usually at an animation or game-design studio. This three-month placement gives them practical experience in a dynamic, highly creative, professional environment. These are increasingly gender-balanced, multicultural places as well — just like Sheridan's classrooms.

New classes for the bachelor of animation program begin September 2013 at Sheridan's Trafalgar Road campus. Spots are available. To learn more about the program, and how you can be part of it, visit sheridancollege.ca.

MORE PROGRAMS

Could your creative streak be the ticket to a great career? Sheridan College has two new degree programs that can help you find out.

Sheridan's bachelor of interaction design explores the present and future of interactive technologies: Those devices and systems that facilitate, or disrupt, our interaction with the world. And its bachelor of game design gives you the skills needed to join one of the world's fastest growing — and most creative — industries.

These degree programs are the first of their kind in Canada. To learn more, visit sheridancollege.ca.

HARRIS
INSPIRING • INNOVATING • TRANSFORMING
Ranked "Best in Canada"
Jim Lamarche posted his 'Final Report Card on Media Arts Education' after completing a survey of graduates from Canada's leading media arts schools.
Harris Institute Ranked Number One with A+
"Harris gets top marks and all indicators now show it is in fact, the best school of its kind in Canada," says Lamarche. The complete 'Final Report Card' is at:
jimlamarche.wordpress.com
In preparation for its 25th birthday, Harris Institute is celebrating graduate accomplishments with a "Where Are They Now?" section on its website. "The only true measure of a post secondary school is the outcome for its students," says founder John Harris. "Our faculty and staff are very proud to see so many graduates achieving their goals."
HARRISINSTITUTE.COM

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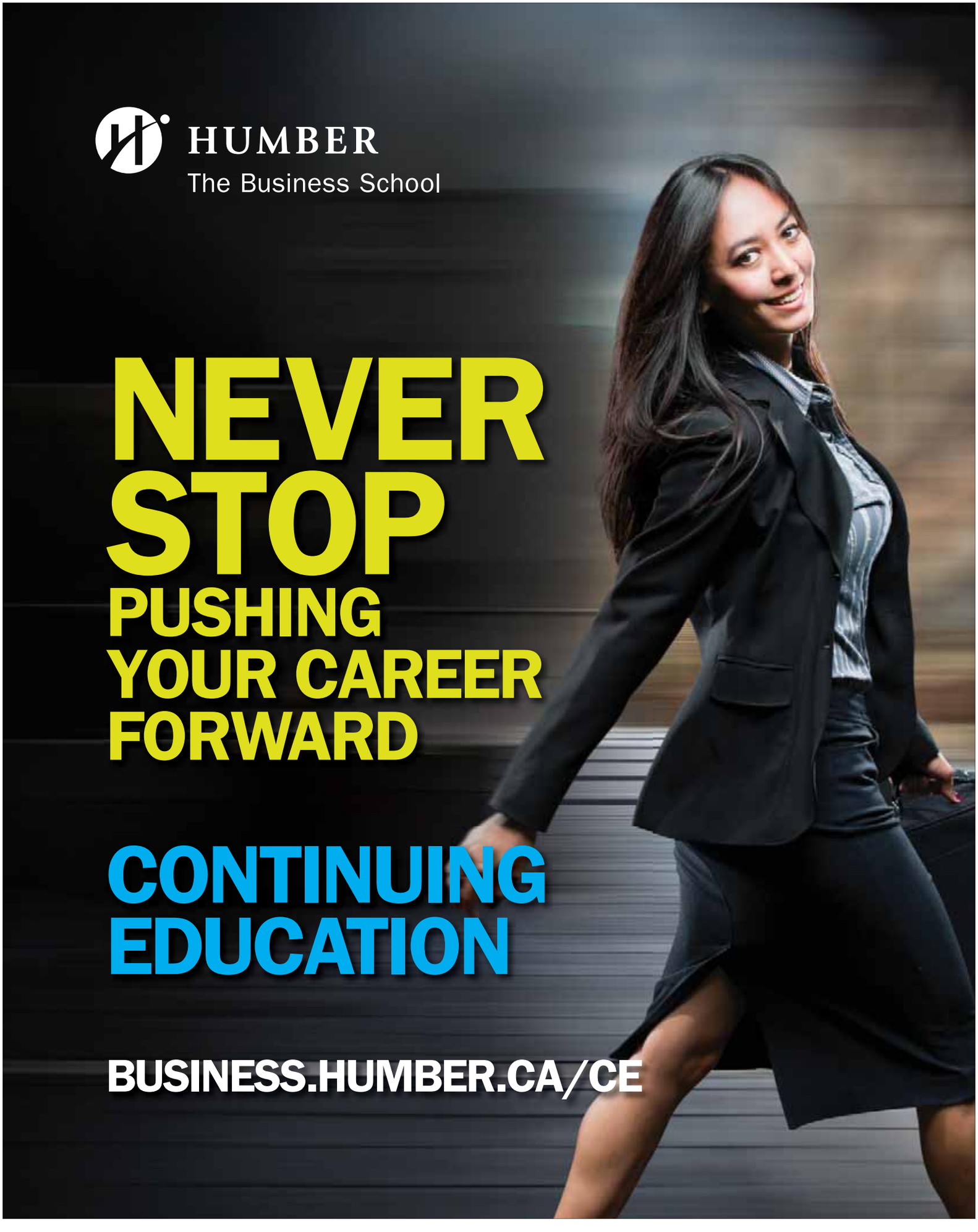
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STAY ON CUTTING EDGE AT HUMBER COLLEGE BUSINESS SCHOOL

Business is changing, and if you want to stay successful, you have to change with it. At the Business School, part of Humber College, you can get the continuing education you need to stay cutting edge — or even explore a new line of work.

"The days of working in one place for your entire career are, for the most part, over," says Mark Hanna, director of professional and continuing education at the Business School.

"By taking new courses, and adding credentials, you're letting current or future employers know you have the drive to keep growing as a professional."

Indeed, the Business School's continuing education programs are designed for professionals — people with full-time jobs and not much free time. Many courses can be taken during the evenings, or on weekends. A number of them are online, meaning you can study on your own time, from your home, office, or any other space with an Internet connection.

Should you choose to study online, be assured that your instructors will be easy to contact. Each Business School online course instructor has an email address he or she answers promptly. Courses also have online discussion boards and chat functionality, allowing you to communicate with both the instructor and your fellow online classmates.

The majority of Business School instructors continue to work part time in the fields they teach, allowing them to pass along real-time, practical advice to students. This also ensures that course materials are as current as possible. If, for example, a major business development occurs mid-semester, the instructors can adapt their lessons to account for it. The Business School's partnerships with outside organizations, including accreditation bodies, are another means of ensuring material stays relevant. And since studying at the Business School also means working with the most up-to-date software available, you will enter the marketplace already familiar with the tools you will be using.

"You must never stop enhancing your knowledge and skills," Hanna says. "As 21st-century people, with unprecedented access to information, this is an important philosophy for all of us. But it's especially important for businesspeople. If you're always looking ahead, you cannot be left behind."

The next phase of your professional career may be about to begin. To learn more about the Business School, part of Humber College, visit business.humber.ca.

WORKSHOPS

Interested in professional development without a long-term academic commitment? Consider taking one of the workshops offered by the continuing education department at the Business School, part of Humber College. Typically one-day courses, covering strictly professional subjects, these workshops help you eliminate skills gaps and improve your overall employability.

Workshops include the "computer essentials for your small business" series: A trio of courses focused on teaching you what you need to know about Microsoft Excel and Word; Microsoft Access; and Microsoft PowerPoint.

Other workshops cover subjects as far-ranging as small business; skin care and cosmetics; and international development. You can even take a workshop to help you prepare for the National Knowledge Exam (NKE), through the Human Resources Professionals Association (HRPA).

For more, visit business.humber.ca.

A COMPREHENSIVE RANGE OF DISCIPLINES

Are you a working professional, looking for certificate or diploma programs that can help you meet your career goals? Through continuing education at the Business School, part of Humber College, you can find them.

The Business School's selection of part-time certificate programs covers a comprehensive range of business disciplines. There are six separate programs within the accounting category alone, each tailored to students in different fields — bookkeeping and tax accounting, for example. Other traditional categories include business administration, business management, financial services, human resources management, and marketing.

However, today's business climate is more integrated — and more global — than ever. That is why the Business School also offers certificate programs in categories that may seem non-traditional — though not typical business programs, they still cover subjects that impact business in some way.

These options include cosmetics, spa and fashion management; law and paralegal; and international development. The Business School's immigration consultant program, part of the law and paralegal category, has proven especially popular: It is an accredited program, governed by the Immigration Consultants of Canada Regulatory Council (ICCRC).

BLACK CAT ADVERTISING PHOTO

"The Business School's continuing education department also offers students the opportunity to complete entire diplomas through a combination of online and evening/weekend classes," says Mark Hanna, director of professional and continuing education at The Business School. "Whether it's a diploma in accounting, business administration, business management, marketing, or paralegal education (in-class only), you can complete your diploma at your own pace, when it is most convenient for you."

Continuing education classes are held at Humber College's North Campus in Toronto. Easily accessible by transit, the North Campus features a variety of dining options, plus a library, indoor pool, sauna, athletics facilities, and a fully functioning spa.

To learn more the continuing education programs offered at the Business School, part of Humber College, visit business.humber.ca. If you wish to reach a representative directly, email cebusiness@humber.ca, or phone the general line at 416-675-6622, ext. 4174.

ISTOCKPHOTO/THINKSTOCK

GET DEGREE ONLINE AT U OF FREDERICTON

If you have a diploma from a publicly funded Canadian college, you may be only a year away from earning a full degree, entirely online. It is possible, thanks to a unique partnership between the University of Fredericton and Maine-based Husson University.

With the University of Fredericton acting as your online services provider, you can enrol in a year's worth of courses at Husson in one of two different fields — business administration or criminal justice. You will be able to complete these courses from home or work — or anywhere else that has an Internet connection. When you complete the courses, (which may take more than a year, depending on your schedule), you will have earned a bachelor's degree from Husson University. You will have also earned a certificate of advanced studies from the University of Fredericton.

Ideal for students with full-time jobs and little spare time, these diploma-to-degree programs are accredited by the New England Association of Schools and Colleges (NEASC) — an additional assurance of quality for students living north or south of the border.

The University of Fredericton is an accredited, degree-granting university recognized by the province of New Brunswick. It delivers its courses online, meaning it doesn't matter where you live, or how busy your schedule gets — you can get the training you need to advance your career. Its diploma-to-degree programs reflect this commitment to student success.

New classes for both programs begin in March.

For more information, visit ufred.ca.

REPORT CARD GIVES HARRIS INSTITUTE AN A+

Jim Lamarche's Final Report Card on Media Arts Education in Canada has been released, and Toronto's Harris Institute received the highest grade.

The report card is an online ranking of the country's leading media arts schools based on a survey of their graduates. The Harris Institute received an A+.

The achievement was well-earned, explains Harris Institute founder and president John Harris. "Our faculty and staff worked very hard and are proud of our ranking."

Lamarche's report card has had more than 50,000 visitors since it was introduced in 2007. It remains a respected, objective source of information on media arts education in Canada. Lamarche himself has taught, guest lectured, or in some other way participated at all the schools featured in his report.

The Harris Institute's top grade reflects the positive academic environment it creates for students. "Graduates from Harris indicated the highest satisfaction rate and had the most positive reviews of all the schools reporting," Lamarche wrote.

Graduate Chris Ramos is one of them. A member of the class of 2011, Ramos recalls how focused the faculty and students were on achieving excellence. "What I loved most about the Harris Institute is the knowledge and experience the teachers handed down to us. From marketing to law, theory to math, everything is related to music, so no course feels like a waste of time."

Both of the Harris Institute's full-time, year-long programs, audio production and arts management, start new classes March 25. To learn more, visit harrisinstitute.com.

HARRIS INSTITUTE PHOTO

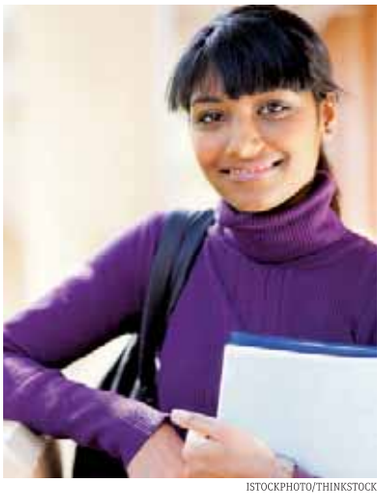
UNIQUE COURSE AT CENTENNIAL

Death is something we all must face. Yet many of us avoid the subject, denying ourselves the opportunity to understand all of what death means. Such an understanding can impact, and even enrich, our lives — and you can gain it by enrolling in Centennial College's unique certificate program in thanatology (death studies).

"Most programs in this field are designed for one of two types of student — those training for a career that includes helping the bereaved, or, those currently working through the grieving process themselves," says Centennial College's chair of continuing education Vicki Smith. "Ours appeals to both. In our program, you'll see future police officers, paramedics, and directors of funeral homes interacting with family, friends, and caregivers of the recently deceased. They all have their own reasons for being there, yet they all learn from one another."

The thanatology program is delivered entirely online, led by an instructor who keeps in contact with you through a discussion board, chat room, and even virtual office hours. Intended for students with full-time jobs, the program's five courses are offered every semester, allowing you to take as many as your schedule allows. These courses, which include religious beliefs/traditions and customs of death, and coping with death — counselling/support groups and alternate therapies, transform a difficult topic into something practical, enlightening, and even life-affirming.

New classes for the thanatology (death studies) certificate program begin May 11. To learn more, email distancelearning@centennialcollege.ca, or phone 416-289-5000, ext. 2555. And if you are ready to enrol, you can do so online at centennialcollege.ca/ce.



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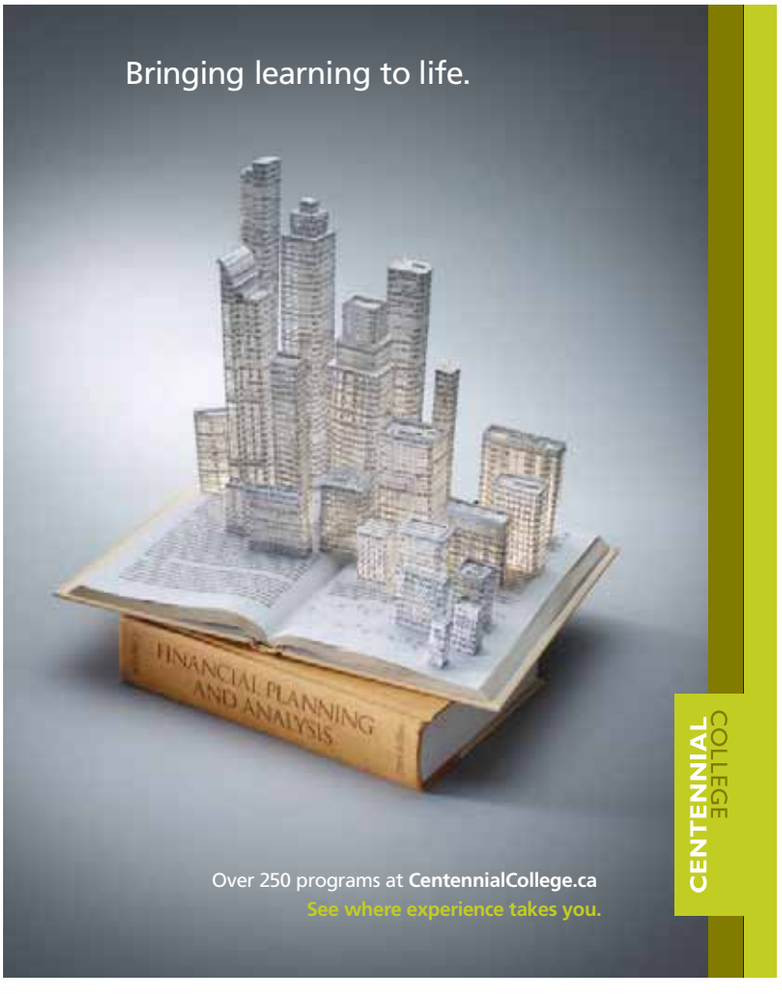
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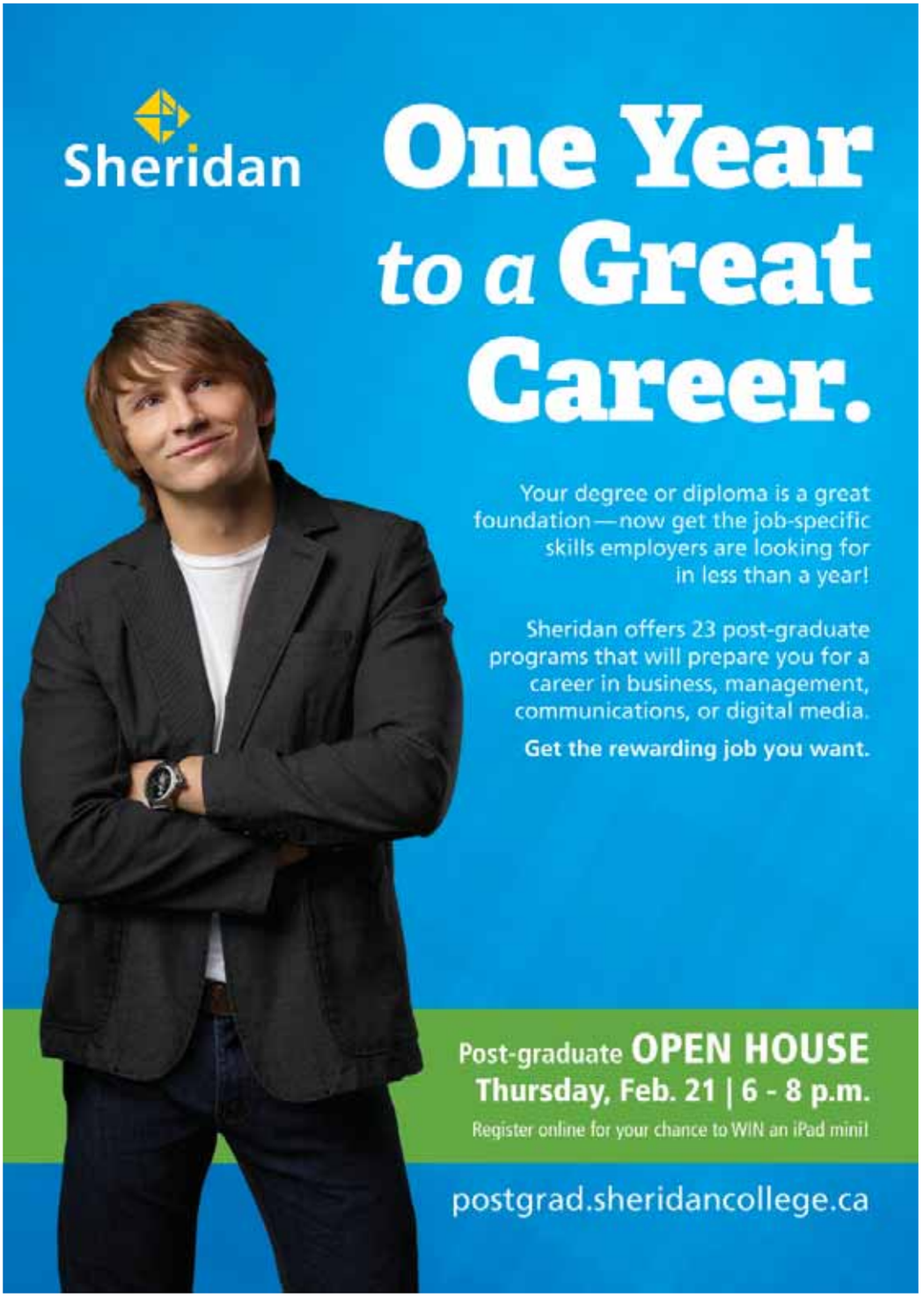
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THIS READING WEEK ...

PRACTISE THE 3 R'S

According to one expert, students should take the upcoming reading week break to take their mind off their daily academic stress and recharge before finishing up their school year. Practise the new three R's — rest, relax and refresh.

"I worry about students and the sheer volume of pressure on them, it can wear them down," says Dr. Gordon Flett, professor of psychology at York University and Canada Research Chair in Personality and Health.

"They need a break some times."

Flett says the daily grind and the pressures it brings is a recipe for burnout. As father of two university students himself, Flett sees first-hand the effects of academic stress on his own daughters. He adds there is a common thread between the stress students face and the Canadian workforce.

"We should have more time off for everybody," Flett says.

Comparing to the European labour model, Canadians put in far more hours in a work week than many other countries.

"Time off is money well spent when it comes to the well-being of everyone, including students," Flett says.

To combat stress and maximize your time off, Flett offers a few tips to make sure you are rested and ready to go once school kicks back into full gear.

- **BE SOCIAL.** Don't spend too much time alone, but engage in activities.
- **VOLUNTEER.** It deflects your attention away from school and has a positive social impact on the community.
- **GET SOME SLEEP.** Get rested to prevent burnout and/or illness.
- **READ FOR FUN.** Pick up a book you want to read, not that you have to read.
- **EXERCISE.** This can tire you out so you can get the sleep you really need.
- **AVOID CONFLICT.** Gravitate towards positive and agreeable people.

Travel can also be a great way to get away from it all, but Flett reminds students not to overdo it, so choosing an affordable and accessible destination is always a good idea.

Flett does mention that getting caught up on some school work is fine, just as long as students are not obsessing and not getting the proper break for which reading week is intended.

– Candice Ward

LEARNING FRENCH GIVES YOU AN EDGE

REAP BENEFITS OF BILINGUAL SCHOOLING

CONTRIBUTED

In Canada, bilingual children grow up to be successful adults. Capable of reading, writing, and holding a full conversation in either official language, they have employment prospects that span not only English and bilingual work environments, but entirely French-speaking ones, too. By attending a fully French school through French Language Education in Ontario (FLE), your child will become bilingual for life — increasing his or her chances of finding fulfilling jobs.

FLE differs from French immersion. It is a network of nearly 500 public and Catholic elementary and secondary schools located across the province, plus 11 post-secondary institutions, all offering programs and services in French.

All of the schools offer full-time junior and senior kindergarten programs for children aged four and older, and in some cases, as young as three. (They have been doing so for the last 13 years, with excellent results). These programs stimulate the social, intellectual, and cultural development of the very young. Through them, your child can learn French at an early age, reaping the cognitive benefits of doing so.

French-language schools in Ontario also offer special programs designed for children with little or no fluency in French. These programs develop the skills your child will need to achieve success in FLE's schools. Since French-language schools also teach English, you need not worry about your child's proficiency in either official language.

Students not only study in French, they enjoy extracurricular activities in French as well. Outings and activities are integrated into the curriculum, giving them the opportunity to experience French life in Ontario. This exposure to Ontario's rich French culture and diverse community helps your child embrace his or her cultural identity and better appreciate the country's heritage.

Academic standards are high in FLE, and the students thrive, thanks to small class sizes and dedicated instructors. And their futures are bright. A recent study, released by Le Regroupement des gens d'affaires de la Capitale nationale (RGA) and The Conference Board of Canada, reveals that Canadian francophones generally earn a higher-than-average salary. The study also indicates that the unemployment rate among French Canadians is less than that of the total population. Francophones contribute to the economic prosperity of any region in which they live — almost 20 per cent of Canada's GDP, and 22 per cent of its employment, can be traced to the francophone economic presence.

Your child can be a part of all this. To learn how, visit elfontario.ca.

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metro
RRSP GUIDE
Tuesday, February 5, 2013

Meet with financial advisers until you find one that you are comfortable with when starting to invest in your future. Also, figure out your risk tolerance and identify your goals. ISTOCKPHOTO/THINKSTOCK

Helpful tips for new investors

JANE DOUCET
For Metro

Since they were first introduced in Canada in 1957, registered retirement savings plans continue to be one of the best ways to save for retirement. In addition, this type of investment will reduce your taxable yearly income.

"RRSPs are also a good way to build a down payment to buy a house," says Blair Guilfoyle, a certified financial planner in Toronto and a partner with Guilfoyle Financial.

Guilfoyle shares the following insights with those who are new to RRSP investing:

Find an experienced financial adviser

Ask trusted family, friends and colleagues to recommend an adviser, then meet with them until you find one you are comfortable with. "It's important that the person has the required designations, such as certified financial planner or chartered financial analyst," Guilfoyle says.

It's also helpful if they have been working in the financial industry for a few years and have a broad range of experience. An independent financial adviser (one not associated with a particular bank) will be able to offer a greater choice of investment companies, as well as other types of financial planning services.

Figure out your risk tolerance

Your adviser will help you determine how much market-volatility risk you are comfortable with and your timeline to withdraw the money, then choose the RRSPs based on that information.

For example, someone with low-risk tolerance who wants to take the funds out in five years to buy a house might do well with conservative guaranteed investments, such as redeemable GICs (guaranteed investment certificates) or conservative mutual funds. "It's important to have a comprehensive conversation up front about goals and risk tolerance," Guilfoyle says.

Identify your goals

Do you want to use your RRSPs to save for retirement? Or to buy a house or further your education? The first step is to decide what you want that pool of cash for. Perhaps you have been contributing for a while and you are ready to buy your first house: The federal government's Home Buyers' Plan allows you to withdraw up to $25,000 from your RRSPs to buy or build a home.

If you decide to pursue full-time training of post-secondary education — maybe you want to apply to law or medical school after working in another field — you can borrow up to $20,000 through the Lifelong Learning Plan.

Don't be discouraged by market dips

It's important to know at the outset that there will be market volatility in the future. When your portfolio does dip, don't panic — the dips will be temporary. "Don't jump in and out of investments because you're nervous about market performance," Guilfoyle cautions.

Refund. Wise ways to put your money to work

JANE DOUCET
For Metro

Great news! Thanks to your RRSP, you are getting an income tax refund. And as much as you would like to spend it on something fun, you probably should use it wisely.

Stephanie Holmes-Winton, a Halifax-based financial adviser and president and CEO of The Money Finder, has these six suggestions for how to do so:

1 Build an emergency savings fund. When it comes to a refund, try to pretend that you never had the money in the first place so you don't blow it on something frivolous.

"It's hard to do but not impossible," Holmes-Winton says. The ideal emergency fund should cover six months of such necessary expenses as mortgage or car payments, rent, food and utilities. Most people turn to debt — credit card or line of credit — in a financial crisis; having a sizable emergency fund in place means you shouldn't have to.

2 Make a lump-sum payment on your mortgage. If you do this every year that you receive a refund, the reduction in payments will add up over time. "That means you'll pay less on both the principal and interest," Holmes-Winton says.

3 Top up your "fun" money. If you are planning to take a holiday or do minor home renovations in the near future, put the refund in a high-interest savings account until you are ready to use it. "Then maybe you can afford marble countertops instead of laminate," Holmes-Winton says.

4 Start a tax-free savings account (TFSA). It's a smart idea to use one type of retirement savings to start another complementary type of retirement account. A TFSA is a flexible, registered, general purpose savings account that earns tax-free investment income to more easily meet lifetime savings needs.

5 Put it toward next year's RRSP. The smart thing to do in this case is to open a separate savings account with no debit card access. "That makes it a slower process to access those funds," Holmes-Winton says. "If you know it's going to take a few days to get the money, you'll be less likely to spend it impulsively."

6 Get the family's input. If you have children who are elementary school age or older, hold a family meeting to ask them how they think the refund should be spent. "Tell them how much the refund is and say you'd like their help on how the family should spend it," Holmes-Winton says. "Kids can come up with some fantastic ideas."

The sooner you start investing and building an RRSP, the sooner you can start taking advantage of compound interest. BRAND X PICTURES/THINKSTOCK

Get interested in saving early

If you have heard it's better to start putting money into RRSPs early in life, you heard right. But how young can you be when you start? And how much money do you need to invest during those early days?

"You can begin accumulating RRSP contribution room as soon as you file your first tax return, and you may open an RRSP as soon as age 18, depending on your financial institution's policy," says Robert McCullagh, a Calgary-based certified financial planner with Benefit Planners Inc. and a past chair of Advocis, The Financial Advisors Association of Canada.

The beauty of socking cash into an RRSP early in life is what's called compound interest. "That means the RRSP earns interest on the interest it earned in a previous period," McCullagh says. "It's exponential growth over time."

McCullagh offers these tips to getting into the RRSP game sooner rather than later:

It's OK to start small

Even if you only can spare $15 or $25 per month until you start earning more. "I tell my clients that it's important to do something rather than nothing, and sooner rather than later," McCullagh says. "Saving consistently annually will give you retirement income indefinitely."

Consider an RRSP loan

In some cases, it might be to your advantage to borrow money to contribute to your RRSP.

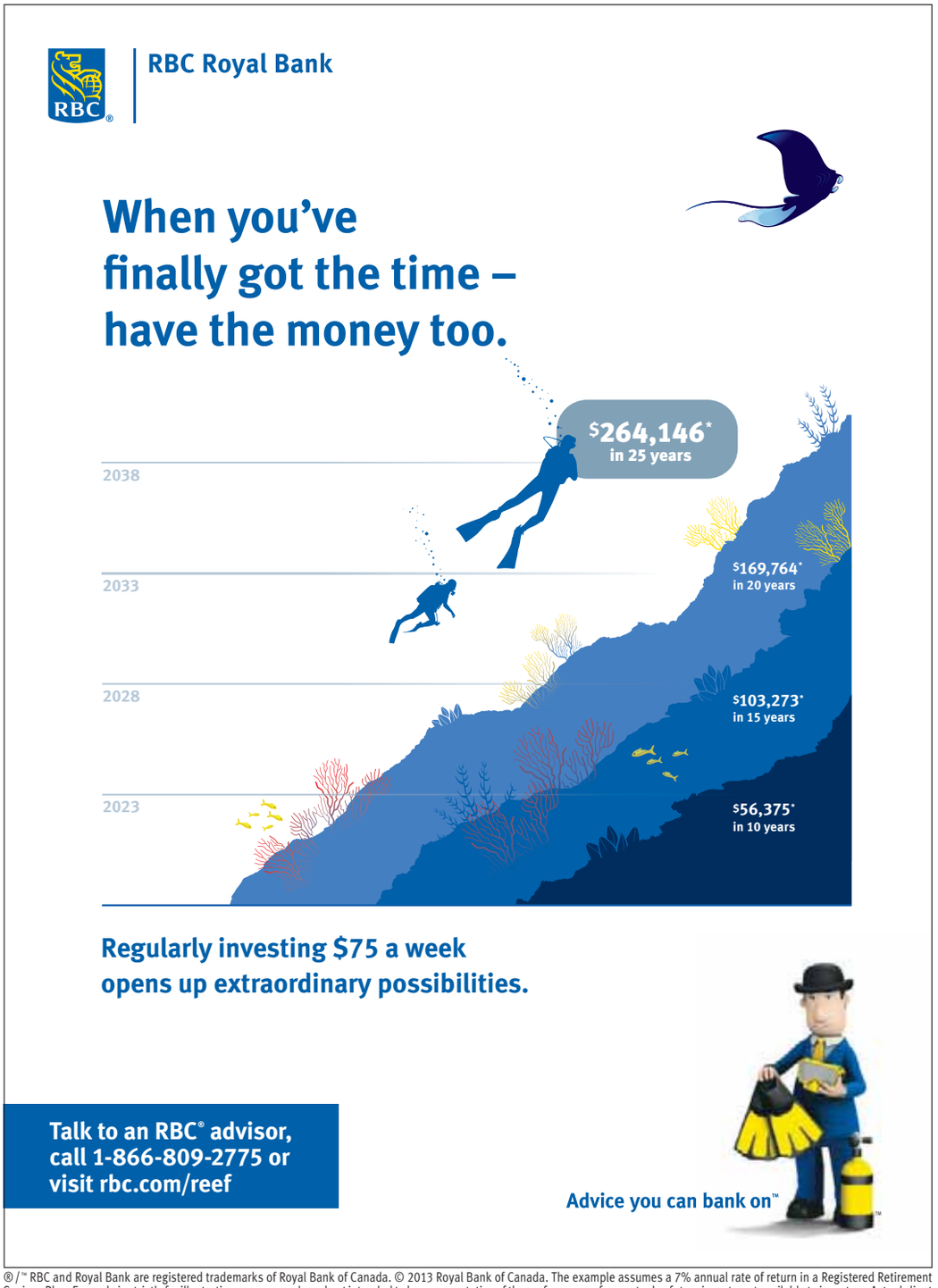
"While you should use the RRSP receipt for the same period of time as the loan payments," McCullagh says, "the refund can be used to pay down debt, invest in a tax-free savings account or spend."

Form good financial habits

If you start saving and spending responsibly at a young age, it becomes habit-forming and a way of life. "For example, when you get a raise at work, give your RRSPs a raise," McCullagh says.

When you see the positive results of your healthy financial habits, it will motivate you to continue them.

JANE DOUCET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RRSP Deadline March 1, 2013

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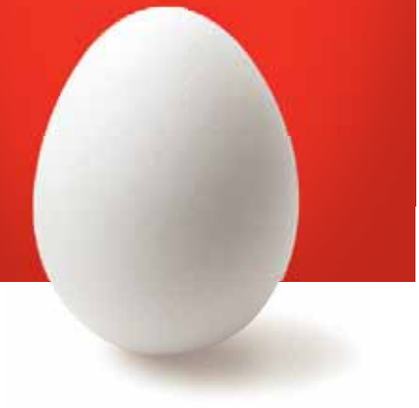

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Investing in your future savings can lead to varying strategies, depending on your age. PIXLAND/THINKSTOCK

Strategies for life's stages

TALBOT BOGGS
Smart Investing

With more and more evidence that Canadians are not financially preparing for retirement, the need to start saving earlier in life and put in place sound financial registered retirement savings plan (RRSP) strategies are becoming increasingly important.

A recent annual survey by BMO Financial Group found that the number of Canadians who have an RRSP is increasing. Unfortunately, most are not contributing anywhere near the maximum they can.

The report found that 67 per cent of Canadians have an RRSP, up six per cent from 2011, and 72 per cent expect to contribute the same amount as they did last year. However, the annual contribution last year was only $4,670 — about 21 per cent of the annual allowable contribution room — and industry reports now suggest that total unused RRSP contributions will hit $1 trillion by 2018.

"The trend is encouraging, but it is not moving fast enough," says Steve Shepherd, vice-president and investment strategist with BMO Global Asset Management.

Only 49 per cent of younger Canadians between the ages of 18 and 34 plan to open an RRSP in the next five years, and a little more than half of that age group plan to, or have been making contributions toward their RRSPs. Only 30 per cent know the size of their annual RRSP contribution limit.

Young people in their 20s often make the mistake of not investing because they don't feel they have enough money at that stage in their lives to make it worthwhile.

There are a number of ways to save for your future. JUPITERIMAGES/CREATAS

"Forty per cent don't feel they have enough saved to invest," Shepherd says. "But it's important to get into the savings habit, even if it's only $50 a month because what's important in investing is how long you're in the market. The sooner you get started the better."

A portfolio at that stage of life could typically be more heavily weighted to long-term equities, but the decision often will be determined by an individual's risk tolerance. Given the current low interest rate environment, long-term returns can be a lot higher than what you can get from fixed income, overcoming inflation and still providing a real return.

"In the 20s, a lot of people might have a figure in mind that they need for retirement, but as their lifestyle builds by the time they hit 55 they realize that figure won't do and they should have been saving more and should have tweaked their plan," says Bill Jack, Toronto regional director with Investors Group. "A plan has to be fluid and change over time."

In their 30s and 40s, people tend to get married, have children, buy a house or condo and one of the spouses or partners may leave the workforce, resulting in higher household debt and lower income.

In this stage of life there may be more opportunities to save through other options like the tax-free savings account and registered education and registered disability savings plans.

"These are all available, but you need to have a sound budget," Shepherd says. "A portfolio would typically become more conservative with less volatility but still with some growth — perhaps about 55 per cent in equities and 45 per cent in fixed income including about 25 to 30 per cent in bonds."

Portfolios during the 50s and 60s would typically become more balanced, shifting away from volatility and equities and more into fixed income. A lot of people make the mistake of just looking at what kind of returns they think they will need in retirement without factoring in other influences such as inflation.

After age 65, the primary financial focus generally is on generating a steady income stream and protecting it from the ravages of inflation and taxes.

And seek the help of a professional adviser.

"Studies have shown that investors who work with an adviser get three to six times more in investment capital," Jack says.

"The reason is that they make you go through the exercise of setting goals and then ensure checks and balances are in place to help you get there."

THE CANADIAN PRESS

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Carolina Hurricanes centre Jordan Staal scores on Toronto Maple Leafs goaltender James Reimer at the Air Canada Centre on Monday. FRANK GUNN/THE CANADIAN PRESS

Oh, brother! Staals, Canes brush off Leafs

NHL. Toronto surrenders four unanswered goals, Kessel still searching for scoring touch

Monday's game

Hurricanes	Maple Leafs
4	1

Jordan Staal scored his first goal with the Hurricanes and his brother Eric added the winner Monday as Carolina defeated the Toronto Maple Leafs 4-1.

Patrick Dwyer, with a goal and an assist, and Justin Faulk also scored for Carolina, which got 41 saves from Cam Ward. Jeff Skinner added three assists for the Hurricanes.

Matt Frattin scored the only goal for Toronto, with James Reimer making 35 stops in defeat.

Trailing 1-0 after the first, the Hurricanes tied it just 1:21 into the second. After Skinner beat out an icing call, Dwyer fed an unmarked Jordan Staal in front for his first goal with the Hurricanes since coming over in a trade with the Pittsburgh Penguins at June's NHL draft. He also picked up an assist on Dwyer's third-period goal.

Eric Staal then hit the post a few minutes later as the Hurricanes rebounded from a sluggish opening 20 minutes to grab momentum with the first nine shots of the second period.

The Hurricanes' captain had better luck with his next chance to give Carolina (4-4-0) the lead with his seventh of the season at 10:21 on the power play. With Toronto's Jay McClement off in the box for unsportsmanlike conduct after giving Ward a snow shower, Eric Staal walked out from the corner and saw his cross-crease pass deflect in off Leafs defenceman Mike Kostka behind a helpless Reimer.

The Leafs (4-5-0) thought they had tied the score with 1:16 left in the second when Kostka's shot from the point deflected in off Tyler Bozak. But after video review, officials ruled the Toronto centre had kicked the puck in past Ward.

The Air Canada Centre crowd of 19,073 was further incensed as the Leafs were assessed back-to-back penalties to close out the period.

With Carolina on a 5-on-3 man advantage to start the third, Faulk finished off a pretty tic-tac-toe passing play 43 seconds into the period with a goal on a play that again went to video review.

Maple Leafs centre Phil Kessel, now goalless through the opening nine games of the season, had a great chance to open his account on a power play but was robbed by Ward with just over 13 minutes to go in regulation. Dwyer later beat Reimer with 9:58 remaining to round out the scoring.

THE CANADIAN PRESS

NHL

Vanek garners first-star status

Buffalo Sabres left-winger Thomas Vanek was named NHL's first star of the week Monday after leading all players with 10 points last week.

Pittsburgh Penguins left-winger Chris Kunitz earned the second star and Vancouver Canucks goaltender Roberto Luongo picked up the third star.

Vanek recorded five goals and five assists in four games.

THE CANADIAN PRESS

Buffalo Sabre Thomas Vanek celebrates scoring against the Bruins on Thursday in Boston. GETTY IMAGES

NHL

Rangers and Wild wheel and deal

The New York Rangers traded rugged forward Mike Rupp to the Minnesota Wild on Monday for forwards Darroll Powe and Nick Palmieri.

The Rangers have been looking for depth at forward to complement their top line of Rick Nash, Brad Richards and former Wild star Marian Gaborik. New York is also dealing with the loss of captain Ryan Callahan, who is currently sidelined by a dislocated shoulder.

Rupp has played in 565 NHL games over 10 seasons with New Jersey, Phoenix, Columbus, Pittsburgh and the Rangers.

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SPORTCHEK

Eric Hassli, in action for Toronto FC, battles with Amobi Okugo of Philadelphia Union in September in Toronto. GETTY IMAGES FILE

Toronto FC ships Hassli to Dallas

MLS. Rebuilding club says French striker requested a move for 'family reasons'

Eric Hassli's MLS journey continues while Toronto FC takes another step toward remaking its roster and simplifying its salary cap situation.

Toronto shipped the tattooed French striker to FC Dallas — his third MLS team in as many seasons — on Monday for a conditional second-round draft choice in 2014.

The deal was not unexpected. In a strange move, FC Dallas tweeted its interest in Hassli on Friday.

Dallas, which lost rising young attacker Brek Shea to England's Stoke City late last week, added forward Kenny Cooper in a separate deal with the New York Red Bulls. Dallas sent allocation money to New York to complete the Cooper deal.

There has been speculation that the Hassli tweet from Dallas was the club thumbing its nose at the league selling Shea.

Honduran striker Romell Quioto is one Toronto target for attacking reinforcements, according to Honduran newspaper Dario Diez. Toronto has also been linked to Arnold Peralta, a midfielder who is a former captain of the Honduran under-23 team.

Hassli was acquired by Paul Mariner, Toronto's former head coach and director of player development, and there were reports that the Frenchman wanted out after Mariner was canned.

Both the club and player denied those reports.

"Eric requested a move for family-related reasons and we committed to him we would make every effort to do so, providing the deal was favourable for the team," Payne said in a release.

Hassli's wife is American and apparently feels more at home south of the border.

Hassli, who never made it to TFC's training camp in Florida, tweeted his thanks to Toronto.

"I'm thankful for my time in Toronto. I wish them all the best for 2013. I'm now excited to join my new teammates in Dallas for the preseason," he wrote. THE CANADIAN PRESS

TFC weighs options

The trade leaves Toronto thin at forward, at least temporarily.

- Designated player Danny Koevermans is out until June as he recovers from knee surgery.
- Other forward options are Justin Braun, Quincy Amarikwa, Andrew Wiedeman and rookie Emery Welshman.
- Toronto is looking to Central and South America for attacking reinforcements, with president and GM Kevin Payne saying he expects four signings.

National soccer

Soccer officials envision league similar to CHL

Canadian Soccer Association president Victor Montagliani envisions a soccer league that functions like the Canadian Hockey League, with teams playing in several regional leagues and then meeting for a national title.

The CSA has released a 32-page report, titled A League of Our Own, on the viability of a second-tier league. It's the national organization's latest attempt to develop a framework for players, building it in below Major League Soccer.

The study, directed by former national team player James Easton, was commissioned to help identify the best pathway for Canada's young talented players to reach an elite level in soccer.

The recommendation of the report, which Montagliani said was "more of a start than a finish," was to have leagues operating in Canada's four largest soccer markets — Ontario, Quebec, B.C. and Alberta — with the focus on players aged 18 to 23.

The four regional leagues would operate like the Western Hockey League, Ontario Hockey League and Quebec Major Junior Hockey League in the CHL. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
The world around you may be chaotic but you are a vision of calm. It may be unusual for you to be this laid-back. But if you are smart, you will do whatever it takes to make it last as long as possible.

♉ Taurus
April 21 - May 21
Changes in your place of work may be causing you all sorts of problems at the moment but there is really nothing to worry about. In fact, in the longer term these changes may be just what you need.

♊ Gemini
May 22 - June 21
Be dynamic. Be different. The more chances you take between now and when the Sun changes sign in a couple of weeks time, the more options you will have later in the year. Dare to follow your dream.

♋ Cancer
June 22 - July 23
You need to confront your fears head-on. The planets urge you to be brave and face up to what has been worrying you these past few months. Make this the day when you seize back the initiative.

♌ Leo
July 24 - Aug. 23
No one has the power to burst your bubble. The more others spin tales of despair and destruction, the more you will laugh in their faces. Quite right too. Life is good and getting better by the day, the hour, the minute.

♍ Virgo
Aug. 24 - Sept. 23
Your attitude seems a lot more positive now, especially where relationships are concerned. No doubt it has something to do with Mercury's move into your opposite sign. It signals a more upbeat approach to life in general.

♎ Libra
Sept. 24 - Oct. 23
Cosmic activity in your fellow Air sign of Aquarius urges you to be adventurous. You can be a star over the next few days, if you have the guts to go out there and make a spectacle of yourself. So, do you?

♏ Scorpio
Oct. 24 - Nov. 22
Go along with what your friends suggest today, even if your heart is not really in it. Chances are it will develop into the kind of situation where you not only have a lot of fun but make some money as well.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have not made up your mind about where your next vacation will be, you must get on it straight away. The Sun moves out of the travel area of your chart in two weeks. Make a decision by then.

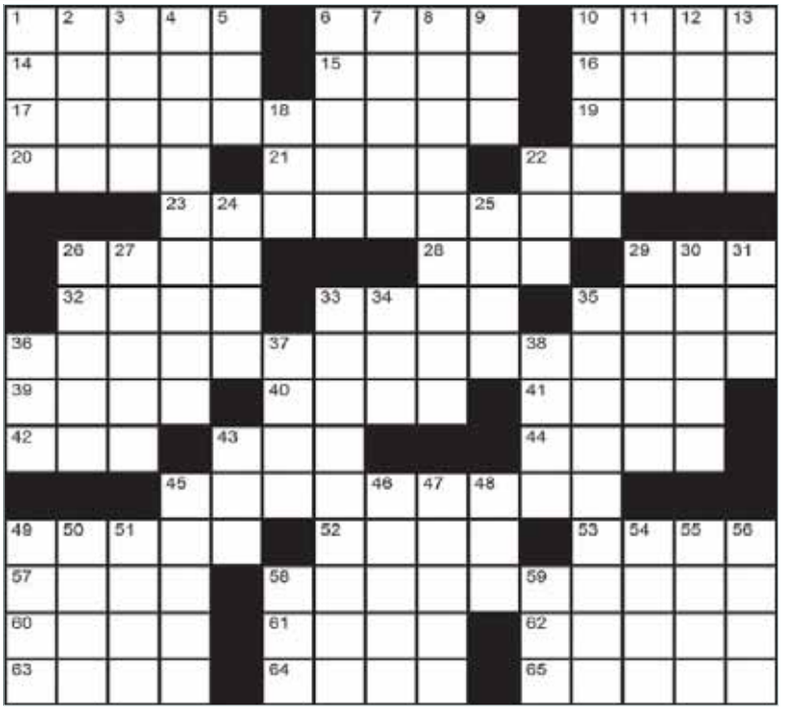
♑ Capricorn
Dec. 22 - Jan. 20
Because you can see both sides of an issue, you may find it hard deciding who to support. But what makes you think such a decision is necessary? Stand back and let your rivals fight among themselves.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun remains in your sign until the 18th, which means you have plenty of time to make your mark. Whatever successes you have enjoyed or failures you have endured, put them all behind you and do something remarkable.

♓ Pisces
Feb. 20 - March 20
Mind planet Mercury moves into your sign today, making it easier for you to see things as they really are rather than as how other people want you to see them. You'll realize that most of your fears are unfounded. SALLY BROMPTON

Crossword: Canada Across and Down

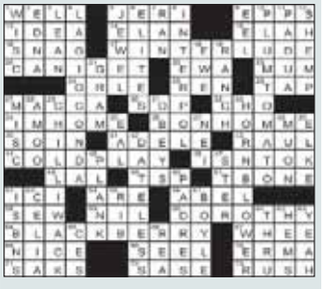
BY KELLY ANN BUCHANAN



Across
1. Actor Johnny's surnamesakes
6. Barney and Betty's baby, when doubled
10. Air heroes in war
14. All
15. 16 Wing Borden, the 'Birth-place of the _ _ _ _'
16. Credit card
17. 1700s French fortress on Cape Breton Island
19. How Canada Geese fly, _ _ _ _ shape
20. Bag style
21. Wine bottle plug
22. Raising the Roof's money-raising red hat to help the homeless
23. Meewasin Valley Trail locale
26. Commedia dell'__ (Centuries-old improvised comedy)
28. Like some humour
29. Cable network
32. "__ & Stitch" (2002)
33. US music trade org.
35. Ireland
36. Peter MacKay's government job: 2 wds.
39. Paris airport
40. Port of Yemen
41. Leave out
42. Hiver's French opposite
43. "So long."
44. Meshworks
45. Support together
49. Honeydew __
52. Cut of meat
53. Swiss peaks
57. "Pronto!"
58. Provincial bird of Ont.: 2 wds.
60. Foot injury result
61. Prefix to 'allergenic'
62. Air freshener target
63. Some slitherers
64. Greyish
65. Boat poles

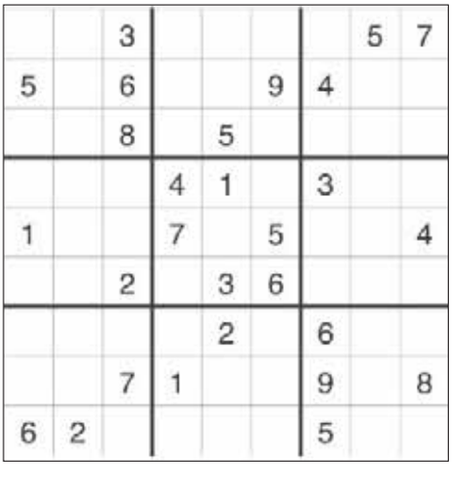
Down
1. Shoulder muscle, informally
2. Cooking oil, to Rachael Ray
3. __-etre (Perhaps, in Montreal)
4. Vancouver-born actor Jason
5. Method [abbr.]
6. Stream
7. Luxury brand from Honda
8. Samuel Langhorne Clemens' pen name: 2 wds.
9. Factory activity [abbr.]
10. Engined bird flying over Montreal?
11. Five: French
12. Jacob's twin in the Bible
13. Conserve
18. Cavemen yrs.
22. Mattel product
24. "__ Flux" (2005)
25. Port city of Algeria
26. __ Bay, British Columbia
27. __ through (Plunder)
29. Band's cue to start: 2 wds.
30. Wrestling great Mr. Hart's
31. Not 'neath
33. Sends out soldiers again
34. "_ __ Mine" by The Beatles
35. Victor Hugo character
36. Anonymous surname
37. Small islands
38. Prefix to 'sphere'
43. "__ voyage!"
45. Hamilton's __ Coliseum
46. Pizazz
47. Leonard of "Star Trek"
48. __-Cat (Ski hill machine)
49. __ fide (In bad faith)
50. 'Photosynth' suffix
51. Light source
54. Toilets, British-style
55. Sulk
56. Grads-to-be, for short
58. "__-ching!"
59. Name: French

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

6	1	5	3	2	8	9	4	7
3	8	9	7	6	4	1	5	2
4	2	7	1	9	5	3	8	6
8	5	3	9	7	1	2	6	4
2	9	1	8	4	6	5	7	3
7	4	6	2	5	3	8	9	1
9	7	8	6	1	2	4	3	5
5	6	2	4	3	9	7	1	8
1	3	4	5	8	7	6	2	9

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